

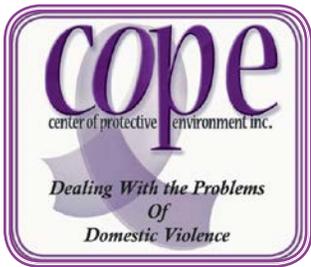
# COPE News

## CENTER OF PROTECTIVE ENVIRONMENT

Volume 5, Issue 3  
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### COPE email

We've started an emailing list to keep in touch with our supporters. Send your name and email address to:

[info@copedv.org](mailto:info@copedv.org)

You can follow us on Facebook and on our web site:

[facebook.com/copedv](https://www.facebook.com/copedv)  
[www.copedv.org](http://www.copedv.org)

### Shelter Needs

- Shampoo/conditioner
- Makeup
- Deodorant
- Blankets
- Towels
- Children's socks
- Alarm clocks
- Boys deodorant
- Pillows

### “Thank you” to our donors!

We thank the many charitable groups, churches, businesses and individuals who support the services COPE provides in Otero and Lincoln Counties.

We extend our thanks to the Alamogordo Twice Blest Thrift Store and several local churches and individuals who provided assistance to help children in our shelter with clothing and school supplies.

Also, COPE received \$3,000 from the First National Bank Team to purchase security cameras that will be installed on the playground and in several other areas at the shelter. These funds were raised by the First National Bank Team as part of their quilt show held in June.

An inverter, which is part of the photovoltaic (solar) system at the shelter, was not working and needed to be replaced. COPE requested and was granted \$1,000 from the McCune Charitable Foundation, Santa Fe, NM, to partially fund the replacement of the inverter. The photovoltaic system at the shelter provides all of the necessary electricity for the shelter.

The Ruidoso COPE office received

### COPE open house

October is Domestic Violence Awareness Month, and COPE will celebrate with an Open House on Thursday, October 24, from 11–1 at the COPE Alamogordo office, 909 S. Florida. Stop by for snacks and conversation. (See p. 2 for more COPE events this month.)

donations from First Presbyterian Church, Ruidoso, and Alto Ladies Nine Hole Golf Association this past month. These funds will be used to support services provided to victims of domestic violence and their children in Lincoln County.

BPO Elks Lodge #1897 donated \$400.00 to be used to support educational programs COPE provides in local schools on bullying, domestic violence and dating violence.

We have received many other donations from individuals, groups, businesses and churches that support our programs. We depend on this support to meet the needs of our clients. We are thankful to receive the generous support of our community.

**ALAMOSHAP**  
*Sunset Run*  
5K-HALF MARATHON-10K  
[www.alamoshape.com](http://www.alamoshape.com)  
BBQ ~ Music ~ Prizes 700 E. 1<sup>ST</sup> Suite 765  
**RUN FOR COPE**  
Saturday, October 26<sup>th</sup> 4 pm  
Supporting The Center of Protective Environment  
Dealing with the problems of domestic violence  
Register early for discounts at [www.alamoshape.com](http://www.alamoshape.com)

COPE will be the beneficiary of this year's Sunset Run Race. Thank you, AlamoShape! (more info on p. 2)



Architect's drawings of (left to right): front of refurbished COPE office; addition to office building; site plan of expanded building

## COPE office expansion to start in November

The need for our services has increased significantly since we moved into our facility at 909 South Florida Avenue in Alamogordo 16 years ago. We are beginning an exciting new project, *Raise the Roof*, which will double the size of this facility and allow us to expand our advocacy, legal and community education services.

We have hired ASA Architects, Las Cruces, to design and oversee this project, and have been working with them over the Spring and Summer. We plan to renovate the existing 2,000 square foot building and double the size of the current structure with an addition on the northeast side of the building. Finally, the surrounding property will be improved for better security and to allow for safe passage of shelter residents from the shelter to the office.

The new building and surrounding area has been designed to meet our specific needs. It will be energy efficient, functional, and provide a comforting environment for those in need of our help.

The project is estimated to cost \$600,000 and will go out to bid in October. Construction will begin in November and be complete at the end of next Summer.

## Domestic Violence Awareness Month events

October is Domestic Violence Awareness Month across the nation, and COPE has several local events lined up.

### Candlelight Vigil

October 10, 7:30 p.m.: Candlelight Vigil at the Rose Garden (across from the Alamogordo Public Library on 10th Street). There will be a brief program about domestic violence. We will experiment with electric candles this year; in the desert winds it's often hard to light wax candles and keep them lit!

### COPE Open House

October 24, 11 a.m. to 1 p.m.: COPE Open House at COPE office, 909 South Florida Avenue, Alamogordo. Come by for snacks and conversation. COPE staff and Board members will be available to answer your questions, or just come by and enjoy the fellowship.

### Community Fair

October 26, 1 p.m. to 4 p.m.: COPE Domestic Violence Awareness Month Community Fair at AlamoShape, 700

East First Street Suite 765, Alamogordo. This free event is like a health fair but broader in scope. It will be held immediately before and at the same location as the Sunset Run Race (next event). If your organization works in health or social services or related fields and you would like to exhibit, call the COPE office at 434-3622 for information.

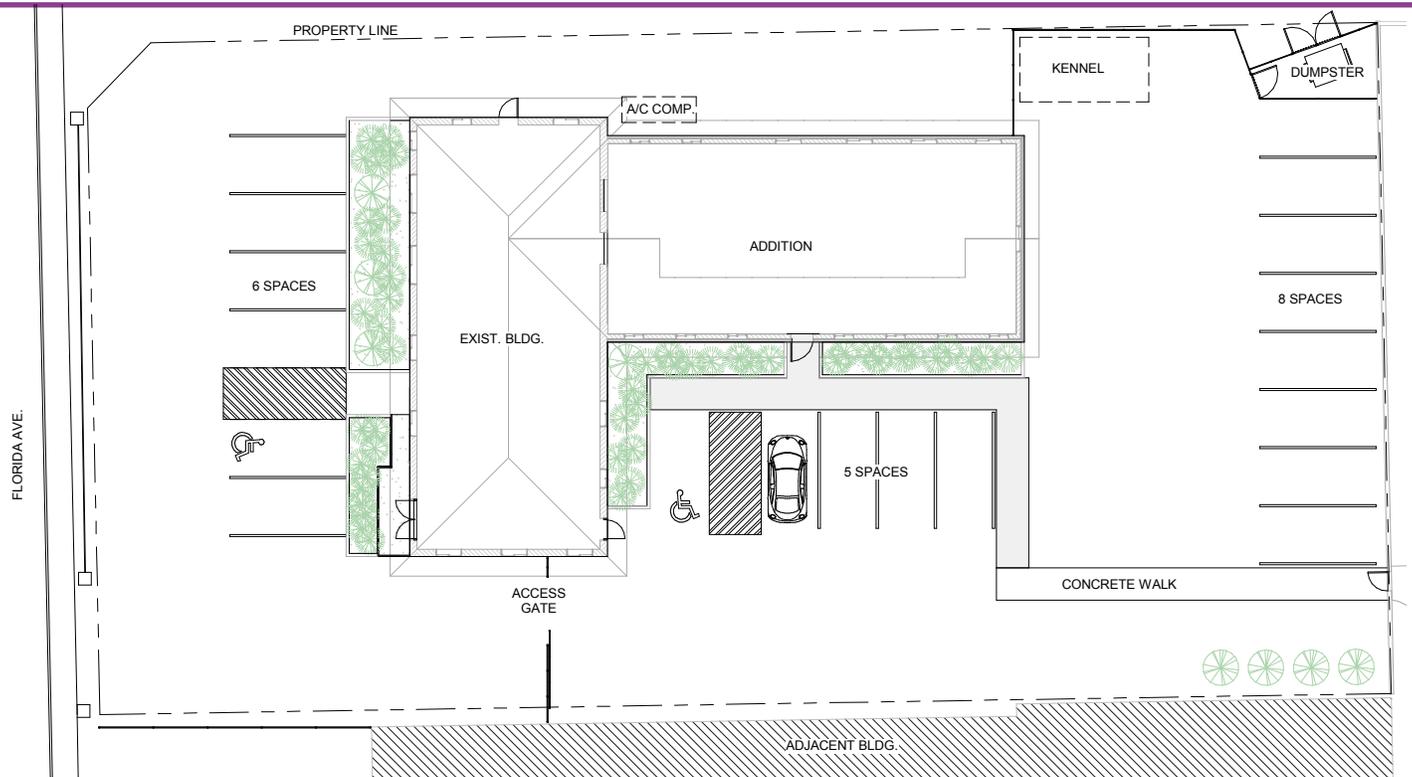
### AlamoShape Sunset Run Race

October 26, 4 p.m.: Sunset Run put on by AlamoShape, with all proceeds going to COPE. This is a free-form run and walk, with 5K, 10K, and half-marathon lengths. Register at AlamoShape. Visit their web site at <http://www.alamoshape.com/alamoshape-sunset-run>, or in person at 700 East First Street Suite 765 (in the Granada Center

### Looking ahead

Spring 2014: COPE Concert at Mountain Annie's Center for the Arts, Ruidoso

Summer 2014: COPE Gospel Sing Concert at First Christian Church, Ruidoso.



## Why get help?

Pam Wiseman, Executive Director of the New Mexico Coalition Against Domestic Violence, recently reported that 70% of domestic violence survivors never come to domestic violence agencies for help. Many people may have resources and personal strength to get out of abusive situations. So why should a person come to COPE for assistance?

1) People in abusive situations may become insensitive to the potential for harm to themselves or their loved ones. At COPE we can help them to assess the potential for danger, help them establish a personal safety plan, and help them to take action as needed.

2) Abusers often isolate victims of domestic violence from their friends and families, leaving victims without the vital assistance they need to talk about what is happening and decide what is best for their future. COPE counselors and advocates help clients to consider their feelings and their options without judging them. Sometimes there are reasons victims decide to stay with their partners. COPE staff offer a safe atmosphere for the client to consider her/his options in a confidential setting.

3) Victims of domestic violence and their children may believe they are to blame for the abuse they have suffered. Abusers tell victims that they (the victims) are not good enough and that the abuse is their fault. Even though they know this is not true, victims may have unresolved feelings of guilt and shame that plague them for years. When par-

ents fight, children may believe they are the cause of their parents' disagreements. They need reassurance that they didn't cause, can't control, and can't change the situation between the parents. Counselors are available at COPE to help victims of domestic violence explore their feelings and stop blaming themselves.

4) Domestic violence survivors and their children have experienced traumatic events in their lives at the hands of their abusers. Trauma has a lasting impact on people. It changes the way we handle stress in our lives. There is no one way to feel or heal after leaving an abusive relationship. Counseling may help the survivor channel courage into healing and enhance the quality of life. This is accomplished by helping the client identify her/his personal strengths, assist in grieving, and looking forward to a bright future of joy and new found freedom.

5) A person may continue to feel troubled about the abuse long after it is over. Adults who experienced abuse many years ago either as an adult or a child may still be affected in some way. Counselors are available at COPE to help people address the pain they have experienced and move forward in a positive way with their lives.

Counseling and advocacy services are available at COPE's offices in Alamogordo and Ruidoso. These services are free to survivors of domestic violence. For more information, please call the offices or call our 24/7 crisis line.

# COPE News CENTER OF PROTECTIVE ENVIRONMENT

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

[www.copedv.org](http://www.copedv.org)

1204 Mechem Drive, Suite 12, Ruidoso, NM 88345  
Hot Line: 1.866.350.2673 • Office: 575.258.4946



**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, counseling, legal services, and advocacy
- 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.

## United Way of Otero County campaign is underway

As a member agency of the United Way of Otero County, COPE invites you to participate in the United Way’s 60-day fundraising campaign, which runs from September 1st through October 31st.

Warren Robinson, executive director of United Way of Otero County, said that the United Way’s board of directors

set a goal to raise \$400,000. Funds raised by the United Way of Otero County are used to support COPE and 15 other nonprofits in the area. For more information, contact the United Way of Otero County at 575-437-8400, website: [www.uwotero.org](http://www.uwotero.org).

## Helping children heal

Children are always affected when there is violence in their homes. The good news is that most children are resilient if given the proper care following traumatic events. Research had shown that the support of family and community are key to increasing children’s ability to recover and thrive after encountering domestic violence.

A crucial step in helping children recover is to break the silence and talk to them about what happened, listen openly to what they have to say, and offer the following key messages:

**I’m sorry you had to see (or hear) that.**

**It is not your fault.**

**You are important. The violence was not okay and is not okay.**

**I will listen to you.**

**You can tell me how you feel.**

**I care about you.**

Make time to give your children individual attention every day. Even a few minutes goes a long way:

**Share a snack      Cook or bake together**

**Provide a safe and quiet place to play and explore      Tell jokes**

**Play ball or I Spy**

**Color or draw together      Play a game**

Help your children develop a sense of “community” so they will feel less isolated and alone. Look for ways for your family to become involved in positive supports (religious organizations, clubs, sports, teachers, coaches, day care providers, and others).

When his aunt told Charlie, “You know, you can ask me anything you need to about what happened yesterday,” the preschooler broke his silence for the first time since his dad was taken away.

Having a relationship with even one caring adult can make an important difference in a child’s life.