



HELLO from Helping Services

WHEN DOMESTIC VIOLENCE DISRUPTS A HOME, HOW DO THE CHILDREN COPE?

For many of our child advocacy clients, SIBS Club is a key tool.

With the guidance of Sandra Graham-Bermann, PhD, our advocates modified her Kids Club program to better meet the needs of Northeast Iowa families dealing with domestic violence. Kids Club was intended to be a multi-family support group for children, but with local weather and transportation issues, it did not work. Our adapted program, SIBS Club (short for siblings), goes one step further than its parent program by giving each family group its own "club" and enhancing sibling bonds, tightened through their unique experiences. About ten weekly club sessions are held in the family home, where kids are the most comfortable, and our child advocates get to be observing club members.

One mother shared her children's club experience with Trish, a child advocate:

"My children have been in the child advocacy program for the past seven to eight months. It has been an amazing program for them. My children, ranging from 4 to 17-years-old, have each benefited from it. It has taught them to come together as a group to let each other know their feelings and that it's okay to have your own feelings. In fact, my oldest daughter will even comment when things get tough, "Let's have a SIBS meeting." In a domestic abuse situation, trust is a very uncomfortable thing to feel. SIBS taught them to not be judgmental and to communicate and say what you feel.

My six-year-old continues with Trish and loves that time. Trish is an open person who does not have sides and who she trust. It is an awesome feeling to know your child has that one person she feels okay telling her feelings to.

As for Trish, she is an amazing, warm-hearted lady, who is so kind. I feel good talking to her. She has helpful ideas and a calming tone that takes your worries away. I can't express what an amazing option this is for kids. I love the fact that people can make such an impact on a child during such a difficult time."

A PRIVATE CLUB FOR SIBLINGS

Kids assign the rules they want for their club. What happens in SIBS Club stays in SIBS Club, meaning advocates do not share with parents anything unless there is a safety concern. Rules are reviewed and can be modified at the beginning of each session.

Non-abusing parents get an outline of the sessions so they know the discussion topics. Feedback from kids and parents guides advocates in adjusting sessions or diverting from the club manual to address a specific skill or topic that presently affects them.



SIBS CLUB GOALS

1. Reduce children's acting out and withdrawal behaviors.
2. Give children a setting to question their beliefs/attitude about violence being an acceptable behavior.
3. Teach children safety skills, conflict resolution, and how to identify and express emotions related to violence.

Image above:
SIBS Club member's
drawing of her fears.

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BARTENDERS AND LIQUOR STORE CLERKS HOLD A POWERFUL, UNIQUE POSITION:

Give people what they want and protect them from overdoing it.

By Jennifer Kimber, Prevention Specialist

Anyone who sells or serves alcohol furnishes a desired service, and they also create the environment for low-risk drinking to take place. So, how can we help sellers and servers succeed? We can make sure businesses have access and encouragement to attend a Responsible Beverage Server (RBS) Training, because their success affects us all.

Prevention specialists work with law enforcement to offer RBS trainings in each county twice a year. At a training, alcohol retailers and their employees can ask questions about sales or liability issues. They also learn the harms of underage drinking and are equipped to prevent it. (Alcohol is still the most commonly used and abused drug in the United States among youth, according to the World Health

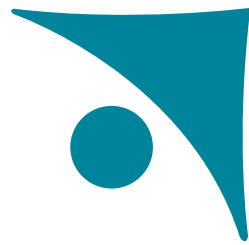
Organization, and that very much includes youth in Northeast Iowa.)

Along with learning tips for properly checking IDs, **trainees build service skills and confidence in a way that profits the company while protecting customers.** It is impossible to look at someone and know their blood alcohol level, so servers are taught to look for behavioral cues. Signs—losing inhibitions, impaired judgment, slowed reactions, and loss of coordination—tell servers when guests are becoming intoxicated. Servers then learn different ways to “cut off” or offer alternatives to those patrons. Finally, they learn the importance of prevention through seeing the repercussions of scenarios, such as selling to a minor or over-serving a patron who gets behind the wheel.

Underage and excessive drinking costs the United States billions of dollars each year for loss in productivity, crime, health care, and other expenses, not to mention the lives this behavior harms or tragically takes. **Responsible Beverage Server trainings empower retailers and their employees to positively influence guests’ drinking behavior.**

If you serve or sell alcohol, or know someone who does, come to a free training or request to host one. Collectively reducing underage drinking and binge drinking will make our communities a healthier place for everyone to live.

Contact Jen, at jkimber@helpingservices.org, for training schedule.



DUE TO AN ABUSER’S NEED FOR CONTROL, GETTING EVERYDAY SUPPLIES CAN BE DIFFICULT FOR A SURVIVOR OF DOMESTIC ABUSE.

Oftentimes, abusers dominate their victims by controlling the household money or not allowing her* to go anywhere.

By Kathleen Davis, Domestic Abuse Resource Center Director

To help clients get these basic necessities, we have a supply pantry, filled 100% by local donations.

Helping Services recently received a grant for \$2,000 from Farm Credit Services of America to restock this pantry. Domestic Abuse Resource Center clients are able to access the supply pantry, which includes non-perishable food items—boxed-ready meals, spaghetti and pasta, peanut butter, cereal, oatmeal, canned vegetables, soup, and infant formula—as well as cleaning and personal products, paper products, diapers, and wipes.

Area donors also fill the pantry by organizing pantry drives or dropping off supplies. Recently, these donors have filled the shelves: St. Paul Lutheran Church staff and parishioners; Terrie Allen, yoga instructor; Decades of Oelwein; the Oelwein Library; Gavin’s Grocery; Oelwein Fareway Store; and Upper Iowa University student-athletes.



NEW DIRECTION FOR DOMESTIC VIOLENCE VOLUNTEER COURSE

As the state rolls out a new online training, we will be reigning in ours.

By Nikki Kuhn, Volunteer Coordinator

The Iowa Coalition Against Domestic Violence now offers a 16-hour training at www.icadv.org for people working directly with survivors of domestic abuse. With this service available statewide to agencies and volunteers, our online 30-hour Domestic Violence Awareness Training will no longer be offered, effective June 30, 2017. While this has been a great resource for many professionals and community members, we will continue offering the training only as an in-person course. **This change allows us to best use resources to recruit and equip volunteers in assisting local survivors.**

You can still take our online course and receive a certificate of completion. You must register by April 30, 2017, and finish all of the materials by June 30.

The full 30 hours remains a requirement to volunteer directly with clients of the Domestic Abuse Resource Center. You can volunteer in many indirect ways as well, and this does not require the 30-hour training.

Staff from Helping Services and the Domestic Abuse Resource Center thank everyone who invested their time and expertise in creating this tool, appreciate all who have completed the training, and are grateful for each volunteer who serves survivors of domestic abuse.

DIRECT VOLUNTEER OPTIONS	<ul style="list-style-type: none"> • Answer the 24-hour Resource Line 	<ul style="list-style-type: none"> • Provide client transportation 	<ul style="list-style-type: none"> • Give clients a safe place for a night
INDIRECT VOLUNTEER OPTIONS	<ul style="list-style-type: none"> • Organize the client supply pantry 	<ul style="list-style-type: none"> • Help plan awareness events or fundraisers 	<ul style="list-style-type: none"> • Assemble client safety packets

Know someone who might be interested in volunteering? Please have them contact Nikki: 563-380-1361 or nkuhn@helpingservices.org.

"Thank you to all of the individuals and businesses who donated to the supply pantry. Our clients greatly appreciate your help!"
—Resource Center Team

For a time, clients can receive fresh food because of a generous \$500 donation from a local donor. This gift allows our advocates to purchase needed perishable food items, including milk, bread, meat, and vegetables for clients.

We greatly appreciate the generosity of every donor who has stocked the client supply pantry. They have all eased an element of stress, during a very trying time for a survivor and her children.

*96% of our clients so far this year are females.

If you are interested in donating to the pantry or organizing a pantry drive for our clients, please contact us at 800-383-2988.



MAKING TIME FOR FAMILY

Over seven weeks parents and youth from Manchester made improving family relationships their priority.

By Vicki Allendorf, Iowa Partnerships for Success Project Coordinator

The *Strengthening Families* program taught them evidenced-based strategies and skills to help youth reduce problem behaviors, prevent alcohol and drug abuse, and improve social skills and school performance.

In one group, teens and pre-teens played games to teach them how to get along with their peers and parents. Separately, parents learned how to build a positive relationship with their children. Then families came together to identify what makes them strong, how to solve problems together, and ways to strengthen their communications, all while having fun.



POSTPARTUM DEPRESSION: A MOM'S YEAR-LONG STRUGGLE

As told to Marcia Bannister, Family Educator

I am a mother of a thriving, energetic one-year-old; he is the love of my life. I am so proud of my little family because my husband, son, and I have had quite the eventful year.

The first few months of parenthood were nothing I had envisioned for myself. I arrived home with a newborn, not confident of my skills as a new mom at all. I was lacking in sleep and recovering from my c-section. I experienced some depression symptoms during the pregnancy, and my medical providers had been monitoring my emotional state throughout the prenatal care appointments. I followed up with the recommended counseling sessions that my primary provider had suggested. **By the end of the first month postpartum, I had some very strong suicidal thoughts and had even been harming myself.** Returning back to work got me away from some of my motherly responsibilities and left my husband, who was laid off during the winter months, to be the full-time father.

During conversations with my coworkers, I was encouraged to discuss my feelings with my family educator, Marcia. She performed an Edinburgh Postnatal Depression Screening, as is the protocol for the Family Education Program, offered through Helping Services. She expressed sincere concern with my score, and I admitted to the self-injury and suicidal thoughts. She was very supportive. I was thankful for her non-judgmental response, and when she suggested a visit to the emergency room, I was reluctant but knew in my heart that I should probably go. Marcia met me at the hospital, and when my husband and son arrived, she stayed in the waiting room until my transfer to a mental health facility was planned and ready.

Upon my return home after a couple of days, I still was not feeling very positive. Adjustments to my medications had been made, and I began to journal and color as an outlet, per my doctor's encouragement. I spoke to my sister, revealing some of my true emotions. Despite all this, I cut my wrists again and was unable to talk to my husband. My coworkers remained highly concerned, but my performance at work was sufficient, and I enjoyed being around the people who best supported me. I did two more short stays at the mental health facility during this transitional time. My husband returned back to his work that kept him away from home during the week, coming home on weekends. My marriage was faltering by this time as well.

THE EDINBURGH POSTNATAL DEPRESSION SCREENING

Answers to these statements help identify possible depression.

1. I have been able to laugh and see the funny side of things.
2. I have looked forward with enjoyment to things.
3. I have blamed myself unnecessarily when things went wrong.
4. I have been anxious or worried for no good reason.
5. I have felt scared or panicky for no good reason.
6. Things have been getting on top of me.
7. I have been so unhappy that I have had difficulty sleeping.
8. I have felt sad or miserable.
9. I have been so unhappy that I have been crying.
10. The thought of harming myself has occurred to me. *(A positive response to this statement is an automatic referral to a health care provider.)*

DIRECTOR'S CHALLENGE

CONSIDER LEAVING A LIFE-CHANGING LEGACY

Here are two easy ways to leave a legacy through Helping Services.


By Carson Egglund, Executive Director

Making a donation, visiting the Lights during the holidays, or dropping off a gift at our office—these significant moments support the mission of Helping Services for Youth & Families. I would challenge you to consider taking those actions a step further by including a donation to Helping Services in your will or estate plan.

LEAVING A BEQUEST

Sample will language could state,

"I give (___ percent of my estate)/ (the residue of my estate)/ (\$___ specific dollar amount) to Helping Services for Youth & Families, tax ID #42-0989563, located at PO Box 372, Decorah, IA 52101, for its general use and purposes."



"I started noticing my strengths as a mother instead of my weaknesses."

I was staying at friends' homes, went longboarding to free myself from all responsibilities, and was feeling overwhelmed with emotions, not believing that anyone understood me, including those closest to me. **My now two-and-a-half-month-old son was at daycare or with other caregivers a lot, and I knew my attachment was not what should be between a mother and a child.**

My coworkers actually reached out to my family educator again, mentioning that maybe we all sit down as a team and discuss some problem-solving and safety planning for both myself and my son. It was only after the meeting that I realized so many people were boosting my confidence as a mother. Marcia facilitated the meeting. Six coworkers, a long-time friend, my husband, and my grandmother all attended. Other professional providers and my sister had sent their apologies for not being able to come. We identified who was available to call when I started feeling insecure, suicidal, or overwhelmed. **The response from my coworkers, family, and friends was genuine. They wanted me to succeed. I knew that these people cared for me. Recognizing this was a step to my recovery.**

I am not saying that it was instantaneous. I still struggled every day with my depression and anxiety. My husband and I still had to work on loving each other again. I still had to work on my relationship with my son, but as he approached the six-month milestone, I started noticing my strengths as a mother instead of my weaknesses. My family educator started pointing out that I was reading his cues, and he was most definitely responding to my attention as well.

The past six months have flown by. I have returned to work nearly full-time, despite setbacks with a back injury and my depression. It's been a year, and I feel more like myself. I know that I am a good mother for my son. My husband and I have reconnected emotionally, and we are entering the stage of toddlerhood with a very positive outlook. We considered having another child, but knowing how my body physically and emotionally responded to the recovery process, he and I have mutually agreed to wait a bit.

I love being a mom. I am thankful for the continued support of all the people mentioned in this story. I want others to know that you are not alone in the crazy journey of parenting.

CHARITABLE IRA ROLLOVER

- Donor must be 70 ½ or older.
- Transfer from a traditional or Roth IRA directly to a public charity, such as Helping Services.
- Complete during the applicable tax year (cannot exceed \$100,000 per tax year).
- Please consult your tax advisor for additional details.

I would be happy to discuss with you in person how your legacy gift would impact youth and families throughout Northeast Iowa. Thank you for considering the clients of Helping Services for Youth & Families in your will or estate plan and for your continued support to advance the mission!

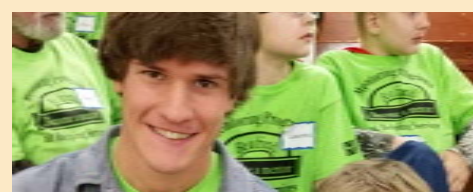
Reach Carson at 563-387-1720 or ceggland@helpingservices.org.

THESE MENTORS WANTED TO INSPIRE.

Little did they know how inspired they would become.

By Colinne McCann, IDPH Youth Mentoring AmeriCorps Member

Youth who have a mentor gain life-changing skills and opportunities they may not otherwise have. Many mentors feel that volunteering this way gives *them* life-changing skills and new opportunities. This mentor-mentee relationship energizes and encourages both youth and mentors.



"Being a mentor is special for me because I have been blessed in my life, and I love being able to share that with my mentee while developing a lasting friendship with him." —Parker



"I chose to become a mentor to have a positive impact on a young person's life. I found that he has had a positive influence on mine. I have benefited from the experience as much or more than my mentee." —DeAnne

Mentors are matched with youth, ages 5–16, in Allamakee, Delaware, Howard, and Winneshiek Counties. Request an application at www.helpingservices.org/mentoring, and we will email you one to be completed online. If you prefer a paper version, call 563-387-1720 to have one mailed to you.

Feel inspired to become a role model for a youth? Apply to be a mentor. A youth is waiting to befriend and encourage you, and you will help them aspire, achieve, and develop to their fullest potential.



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Find more stories and opportunities at
WWW.HELPINGSERVICES.ORG.

APRIL IS CHILD ABUSE PREVENTION MONTH



Promoting family togetherness and offering families an opportunity to enjoy each other’s company are key to preventing child abuse and neglect.



APRIL 7

Spare a Night to Strike Against Child Abuse

CJ Lanes, Elkader
5:30 to 8:30 PM

Families can enjoy free bowling and games.



APRIL 21

Cars Indoor Movie Night

Cresco Fitness Center
Doors Open 5:30 PM
Movie 6:30 PM

Children can make box cars and watch Disney’s *Cars* like they are at a drive-in movie.



APRIL 22

Family Movie Day

Main Feature
Theater, Waukon
Doors Open 11:30 AM
Movie 12:00 PM

We plan to show the newly released movie, *Moana*.



APRIL 28

5th Annual Westside Family Fun Night

Westside Early Childhood Center, Decorah
5:30 to 7:30 PM

Enjoy games, crafts, story time, a photo booth, and photo opportunities with local heroes.

Helping Services, along with county Community Partnership for Protecting Children committees, invite families to come together and celebrate this month at these events!

Free family resources and snacks will be provided at each event.