



**THE HAVEN SHELTER & SERVICES, INC.**

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2004-2005**

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**2004/2005 ANNUAL REPORT**

**GO HAVEN!**

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Warsaw, VA

The Haven Shelter and Services, Inc.  
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Warsaw, VA 22572  
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800.22.HAVEN

# TEENS TAKE ACTION!



# HH

## GO HAVEN!

2004/2005 ANNUAL REPORT  
THE HAVEN SHELTER & SERVICES, INC.

## EXECUTIVE REPORT



The Haven has a long history of changing and growing to meet the needs of our community. In the mid 1980's the program was simply a shelter to provide safety for victims of domestic violence. Over the years, we added new services such as court advocacy, community support groups, sexual assault services, stalking services, and many others. Now, although the shelter is still a vital part of what we do, it is only one part of the whole range of services that we provide.

During the past three years, The Haven has focused on enhancing our scope of prevention services. While the work we do with victims is extremely important, and will always be needed, The Haven wants to do more to prevent future victimization. The Haven, in cooperation with the Community Coordinating Council, has obtained funding through the Philip Morris Employee Community Fund, the Virginia Department of Health, River Counties Community Foundation, and the Virginia Office of the Attorney General to enhance its prevention efforts.



*Ellen Yackel,  
Executive Director*

Three years ago, The Haven's prevention activities consisted primarily of a 45-minute program for middle and high school youth on creating healthy relationships that was provided whenever possible to one or two grades within a school. At the time, the teen advisory group Teens Promoting Awareness was a small group of youths from throughout the service area who met to work on peer education projects. During the past year, the efforts to expand our prevention programs have paid off. Thanks to the efforts of members of the Community Coordinating Council and The Haven staff, we now have a systematic approach to our prevention efforts.

During the past year approximately 1,700 children in grades K-5 participated in the Child Assault Prevention program in Westmoreland, Essex, and Northumberland Counties. This program involves workshops with the students, with school staff and with parents to help children learn to keep themselves free of various types of assault. Other elementary schools within our service area are being targeted to receive this program during the upcoming year.

Also during the past year, the Healthy Relationships Program was expanded to reach students in grades 6-10 in a series of four sessions focusing on developing healthy attitudes about each other and dating. This program was launched last year at Richmond County Intermediate School and The Bridge House. This year the program has expanded to five sessions, and schools in Essex and other counties will be targeted as well. A similar program for adults has been conducted in the Haynesville Correctional Center.

Finally, during the past year, the Teens Promoting Awareness group has grown significantly obtaining representation from more counties and instituting new peer education projects. They attended a convention of peer education groups from across the state of Virginia. They sponsored an all-night lock-in at Riverside Wellness and Fitness Center at which local area teens shared time together and conducted activities to promote healthy dating relationships. The TPA has written and performed for their peers a play about teen dating violence and healthy relationships. This group of young people has grown considerably and is using peer education to share what they have learned.

As we reflect on our accomplishments in the past year, we are proud of the wide range of services we have provided to victims and the number of victims we have been able to assist. We are also quite proud of our partnership with The Community Coordinating Council and the progress we have made in preventing others from becoming victims in the future.



*Stacey Carden  
Board Chair*

Ellen Yackel  
Executive Director

Stacey Carden  
Board Chair

## A LOOK AT PREVENTION

# A

significant event occurred this year for The Haven's violence prevention programs. We received a \$47,801 grant from the Virginia Department of Health that provides funding for executing prevention initiatives. Also significant is the fact the grant is renewable for four, one-year periods. This will allow us to fully establish the prevention programs.

Let's take a look at the prevention programs we are currently conducting. First is the Child Assault Prevention Program (CAP). CAP is a very interactive program presented to elementary school children in grades K-5. The one-hour workshop is conducted in each classroom and addresses bullying, attempted abduction, and inappropriate touch. Children discuss their rights to be safe, strong, and free. They learn three strategies to keep those rights. The strategies are assertion, helping a friend, and asking a trusted adult. Following this workshop the children have the opportunity to spend one on one time with one of the 3 team facilitators. Separate workshops are also held for school staff and parents.

The next program is our Healthy Relationships Program (HRP), which is presented to students in grades 6-10. This program is a five-session curriculum conducted in the classroom and addresses gender stereotyping, caring relationships, communication, sexual harassment/assault, rape and how to get help and to help a friend. This program is very interactive and includes the use of student role-plays and video. The five sessions end with students discussing how they can begin to address their school and personal environment to promote healthy relationships. A team of one male and one female facilitator presents this program. The sessions are kept age appropriate by the use of targeted questions and examples. To date the results of the program have been very encouraging.

The VDH grant also included funding for various activities of the Teens Promoting Awareness Program (TPA). Plans are currently underway to have the TPA teens involved in appropriate aspects of the HRP.

This grant also allows us to pay the facilitators for both the CAP and HRP. This allows us to have motivated facilitators from all walks of life involved in our programs. However, we always need more facilitators. If you are interested in being involved in either program, please call. We will provide the needed training...you provide the desire to work with children in their classrooms. Please call Gene Bigham, 333-1099 ext. 17 to discuss being a part of these very rewarding programs.



(From left to right)  
**Back Row:** Kari Robertson, Tenoia Carter, Colin Yackel, Alicia Pennix, Cedric Thorne, Kimberly Hayes, Darlene Hayes, Frankie Tarver  
**Middle Row:** Tamara Holden, Emily Bareford, Jessica Katz, Laura Yackel, Whitney Hayes, Cierra Taylor  
**Front Row:** Kristina Coffey, Ashleigh Williams, Amanda Yackel, Breanna Sumiel, Michael Johnson, Heather Williams, Quinton Thompson  
**Members Not Pictured:** Michael Wilson, Edward Ashlock, Kimberly Yackel, and Samantha Hayes

*Hi TPA -  
Remember it is the HOPE  
we have in raising awareness  
against teens dating violence -  
that lives will be changed -  
Darlene Hayes*

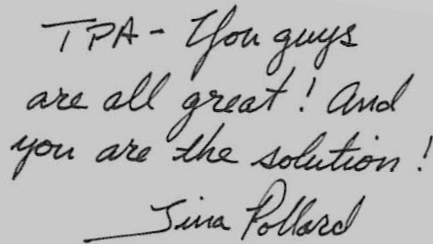
## TEENS TEACH TEENS



The Teens Promoting Awareness is a group of local teens whose goal is to spread awareness of teen dating violence and sexual assault. On October 28th The TPA (Teens Promoting Awareness) paid a visit to 175 Washington and Lee High School students and put on a program consisting of many things. One was the reading of a story written by one of the group members which was called Jennifer's Story. This story was about a teen girl who gets in a serious relationship and doesn't recognize the red flags for an unhealthy relationship. The problems keep getting worse and worse, and it ends with the death of the young girl. Then they went over the red flags that she might have seen. Some include possessiveness, extreme jealousy, and being easily angered. Then they did a skit called "When the Fun Stops" which had many similarities to Jennifer's story, but it showed how to get help if you find yourself in that situation. The program ended with the reading of

some mind blowing statistics about teen violence and sexual assault. All in all, I think the program was a success and did a good job of reaching out to high school victims.

By Colin Yackel, Teen Vice President



TPA - You guys  
are all great! And  
you are the solution!  
Sina Pollard

## GREETINGS FROM THE TWINS

*We are TPA members...Teens Promoting Awareness Against Dating Violence*



We are very excited to be actively involved in such an awesome program... Just to give you a recap of some of the things we have accomplished, we will start with the Teen Lock-in. The lock-in was held at the Wellness Center in Essex County on July 29th. We extended the invitation to 100 teens, and 86 responded. That night was designated to promote awareness against teen dating violence.

To accomplish this task we informed the teens about safe dating, potentially dangerous dating partners, we also informed them about the teen equality wheel vs. the power and control wheel. We further discussed sexual assault and sexual harassment. Our Teens presented a play entitled "When the Fun Stops". This play allowed the audience to witness a couple dating and how all the fun turned into possessiveness, jealousy, isolation and physical violence. It also demonstrated how to end a potentially violent relationship and who to ask for help. It also showed the courage of friends to intervene and be supportive friends.

"Jennifer's Story" also had an impact on our teens because this story allowed the audience to see that young people too can end up devastated, frightened and sometimes murdered.

After the awareness presentation the teens swam, played volleyball, basketball, watched TV and just hung out for the night until 6am.

We also provided gift bags for each participant, a lot of brochures about dating and violence, sexual harassment, date rape and safety planning. We raffled off over 30 prizes.

This lock-in was made possible through The Haven Shelter & Services, volunteers and donors.

We say thanks!  
Whitney & Kimberly Hayes

# JMU

**J**ames Madison University – Weekend Conference “EMPOWER 2005” held on July 15 & 16 was another great opportunity for positive exposure for teens. This weekend was fun packed and educational. Teens from across the state of Virginia participated in a weekend of learning more about how to become better peer educators in promoting awareness against dating violence.

Going to JMU really taught me that a lot of teens are serious about ending teen dating violence. Workshops were held through out the day, several in the morning and several in the evening. Each participating teen group brought posters and displays to show what their group was all about.

I enjoyed meeting other teens and staying in the dormitories. The campus is really big and anyone could get lost if they didn't pay attention...oops that's me. It was an exciting time for me and the other teens. In the evenings during free time, we walked around campus and talked to other teens.

One thing that I really enjoyed was to watch other teens my age teach and lead presentations. I brought back a lot of ideas for our teen group. I think we all learned a lot from going to JMU. But most importantly teens need to be aware that dating should be a fun time in life, and when the fun stops it's best to ask for help from a trusted adult or friend and end the relationship.

I'm looking forward to going back to JMU in 2006.

By for now,  
Kimberly Hayes

## THE HAVEN SHELTER & SERVICES, INC. 2004-2005 Fiscal Year Services Report and Comparison

|                                   | Essex | Lancaster | Northumberland | Richmond | Westmoreland | Other/uk | Total |
|-----------------------------------|-------|-----------|----------------|----------|--------------|----------|-------|
| Hotline Contacts                  | 76    | 60        | 59             | 41       | 81           | 151      | 468   |
| Other Advocacy & Service Contacts | 124   | 57        | 65             | 112      | 118          | 46       | 522   |
| Number of Adults Sheltered        | 10    | 5         | 4              | 10       | 6            | 9        | 44    |
| Number of Children Sheltered      | 15    | 5         | 1              | 11       | 6            | 7        | 45    |
| Bednights                         | 1025  | 530       | 34             | 956      | 250          | 535      | 3330  |



Gene Bigham, Prevention Program Coordinator-  
Voted "Most Likely to Succeed"



Louise Brown,  
Voted: "Class Clown"

**DON'T FORGET!** This year the federal government lifted the 50% limitation for all cash donations, not just to organizations providing Katrina efforts. This year donations may be made up to 100% of a donors' adjusted gross income, line 36 of a 1040 tax return, until the end of the year, vs. the old law of 50%.

## DEVELOPMENT REPORT



his year The Haven pulled out all the stops! This was a second or a third year for several of our events like Mardi gras and The Haven Golf Classic. It seems that with every passing year these events get better and better with the help of The Haven Board and our outstanding troop of committee members and volunteers.

Our hats are also off to the committee of dedicated volunteers that bring in the spring with such grace and beauty to coordinate and staff the annual Just Gardens event. Proceeds of Just Gardens go directly to our building fund every year. This past year was magnificent. The homeowners involved do us a great service by adding such beauty to our local environment, and by inviting us to view their gardens for such a worthy cause.



*Colleen Jordan,  
Advocacy Director*

The Haven has also been the recipient of the proceeds of several events sponsored and coordinated by people outside our agency, but none the less dear to our hearts. This year we had the pleasure of being involved in two benefit concerts arranged by local people to benefit The Haven. Also, we were given the opportunity to work with a team of volunteers to man the turns at the Naylor's Beach Olympic Triathlon, which was simply an outstanding event for those of us who helped and watched. These athletes were amazing, pushing the limits of human endurance to all time highs, reminding us just what we can accomplish given the opportunity and the willingness to achieve. Another small group of community volunteers organized a new event called, "Create for Haven Sake", an exhibit/sale where local artist, craftsmen, and culinary specialists donated their work to be sold to benefit The Haven.

October was Domestic Violence and Sexual Assault Awareness month. Every year this month is met with the somber realization that we are only scratching the surface of the huge occurrence of domestic and sexual violence. However, every year we scratch a bit deeper through special projects like planting a tree in each of our counties to grow tall and strong as a symbol of defiance against these crimes and in remembrance of victims. Our candlelight vigils were outstanding this year. Dr. Christopher Kilmartin of Mary Washington University spoke to our hearts about what men's roles need to be in society to end these horrible crimes. And Debbie and Rob Smith joined us from Williamsburg sharing their struggle to overcome a violent rape and how they fought and won a battle in congress to pass laws that will help catch and prosecute offenders, with their efforts culminating in the Debbie Smith Act of 2004.

The above events have added a new dimension to how individuals perceive The Haven. It is our hope that these events will not only help to bring in much needed revenue to meet the many needs of our huge service area, but will begin to help the people of The Northern Neck and Essex counties view The Haven as a valuable resource to bring people together in the fight against the inexcusable crimes of domestic violence, sexual assault, and stalking.

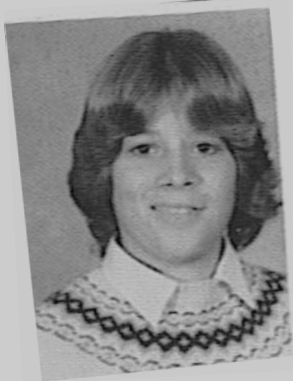
Because of your support and hard work The Haven continues to make a difference each year. Thank you. If you would like to learn more about Haven events, volunteering, or how you can help a loved one or a friend, please call (800) 22HAVEN or (804) 333-1099.



*Darlene Hayes,  
Victim Services Coordinator*



Kitty Creeth,  
Office Manager



Katrina Pollard,  
Community Relations Coordinator



Debbie Van Doren,  
Office Manager



Lisa Brann,  
Sexual Assault Program Coordinator

## FINANCIAL STATEMENT JUNE 30, 2005

| PUBLIC SUPPORT AND REVENUE:               | FY 2004        | FY 2005        |
|---|----------------|----------------|
| <b>Contributions, gifts and grants</b>    | 368,026        | 396,633        |
| Special Events                            | 38,879         | 57,169         |
| Building Fund                             | 35,687         | 17,962         |
| In-Kind                                   | 49,848         | 17,910         |
| Miscellaneous                             | 207            | 202            |
| <b>Total</b>                              | <b>492,647</b> | <b>489,876</b> |
| <b>Expenses:</b>                          |                |                |
| Program Services                          | 358,596        | 373,942        |
| Supporting Services                       | 108,059        | 105,735        |
| <b>Total</b>                              | <b>466,655</b> | <b>479,677</b> |
| Total restricted assets for Building Fund | 79,812         | 85,656         |

### CREDIT CARD INFORMATION:

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

V-code (3 digits on back of card) \_\_\_\_\_

Amount of sale \_\_\_\_\_

Billing Address \_\_\_\_\_

TPA Group,  
 Thanks for help-  
 ing us take your message  
 to your friends. You are  
 all talented + very brave.  
 Ellen Yackel