SUMMER 2017

UPCOMING EVENTS:

- September 15–October 15, 2017
  National Hispanic Heritage Month

- September 13, 2017
  12th Annual NNEDV Domestic Violence Counts: National Census of Domestic Violence Services
  Presented by the National Network to End Domestic Violence

- September 16, 2017
  2017 Run for Love 5K
  Event starts at 10 a.m.
  Rockwell Park, Bristol, CT

- September 17, 2017
  Jack 'N Jill Music Festival
  A fundraiser for New Horizons
  Event starts at 12 p.m.
  Mezzo Grille, Middletown, CT

- September 20, 2017
  From Research to Practice: Addressing Shared Underlying Factor to Prevent Sexual and Domestic Violence
  Webinar hosted by PreventConnect and Prevention Institute
  2–3:30 p.m. EST

- October—Domestic Violence Awareness Month

- October 7, 2017
  Knockout Domestic Violence
  A fundraiser for New Horizons
  Event runs from 8 a.m.–12 p.m.
  9 Rounds Gym, Middletown, CT

- October 21, 2017
  Walk to End the Silence
  A fundraiser for New Horizons
  Event starts at 9 a.m.
  Harbor Park, Middletown, CT

New Horizons in the Community!

Middlesex Community College students hosted a presentation and bake sale on April 12th to raise money and awareness for New Horizons. The presentation taught the MXCC students and staff about the dynamics of domestic violence, warning signs, program services, and much more.

Middletown Kids Health & Safety Day was held on May 20th in downtown Middletown. Children and their families were able to learn more about bike safety, firefighting, police work, Middlesex Hospital, combating drug use, and healthy relationships. Through speaking with these representatives and enjoying activities such as face painting and eating free, healthy snacks, kids and their families were able to learn some of the best methods for staying safe and healthy.

We March On: Women’s March CT hosted the Middlesex County Forum on April 1st at the Russell Library to bring together organizations and community members interested in engaged and educated volunteers.

We also had fun attending the Middletown Public Schools Health & Wellness Fair and the Killingworth Women’s Organization’s play, Beacon of Hope, at Haddam Killingworth HS!

Interested in hosting New Horizons at an event or bringing awareness to your organization? Call us to find out how we can help end domestic violence together.

CONTACT US:

New Horizons Domestic Violence Services
P.O. Box 1036, Middletown, CT 06457
http://www.newhorizonsdv.com/
Hotline: (860) 347-3044
Office: (860) 344-9599

Volunteers/Internships: Kelly Tea, Community Educator; teak@chc1.com
To make donations, please call our office line at (860) 344-9599
The first annual Walking Out on Domestic Violence event was held on Saturday, June 17th at Harbor Park in Middletown, CT. The 5K walk was in honor and remembrance of Shirley A. Moody. Registration for the walk began at 8 a.m., and the day soon got off to an eventful start. A Zumba warm-up, led by Instructor Anita Dempsey-White, took place beforehand which gave everyone the chance to warm up their feet while enjoying a fun activity. Keynote speaker, Dr. Kimberly Citron, Director of Domestic Violence Services, Research and Education, provided the audience with a heartfelt look at the prevalence and effects of domestic violence. Encouraging the crowd, Dr. Citron eloquently said,

“In order for us to walk out on domestic violence as a community we must commit to educating our youth about healthy relationships and give them the resources to express themselves appropriately and enhance their self-esteem. It is only by doing this that we can hope to affect change.”

The audience was reminded that not only must victims receive support in walking out on domestic violence; the community must walk out on it as well. Before everyone took off, Pastor Moses Harvill of Cross Street AME Zion Church led the crowd in a prayer. The walk began at 10 a.m. with an excited crowd leading the way through Middletown’s center, raising awareness for a cause that many have felt the pain of, both directly and indirectly.

Those walking were dressed in purple, and images of Shirley A. Moody could be seen all over, representing a time for the community to come together to remember a loved one. It was also an opportunity to let others know that they have support if they are in or trying to leave a violent relationship.

Even after the walk concluded, the events by the river’s edge were far from over. DJ Wrexx of Hot 93.7 FM provided music while people danced and enjoyed cupcakes donated by Nora’s Cupcakes in Middletown, cups of fruit donated by Edible Arrangements, pizzas donated by Mondo’s Pizza, and bottled waters donated by Olivia Dupin, a New Horizons volunteer.

Other speeches included one from Mrs. Universe Classic, Susan Bawlick Pagan, who spoke of her efforts to help with domestic violence awareness and her commitment to supporting victims. The last speech was given by the late Shirley A. Moody’s daughter, Quatema. It was an emotional speech that left many in tears, Quatema praised God and the support systems in her life for helping her to continue on after her mother had passed.

The walk raised nearly $2,500, and the proceeds will go to the Shirley A. Moody Scholarship Fund and to New Horizons Domestic Violence Services. Thank you to Alicia and her friends and family for the successful fundraiser!

Photography by Barbara McClane.
Support Groups

HEART—Help End Abusive Relationship Tendencies

“HEART group is a great resource for change and growth for victims of domestic violence. During eight weeks, they peel away different layers of trauma; and, as a facilitator, it is rewarding to watch survivors gain strength. It is natural to experience and address emotions, and the effects can be an important first step toward healing and new beginnings.”

—HEART Facilitator

HEART is an 8-week closed program for people who have been or currently are experiencing domestic violence. During the sessions, discussions on exposure to various traumas and different effects on the mind, body, and soul are facilitated. If you know anyone who is interested in joining our next HEART group, please contact our office line.

Worried about who will take care of your children while you’re at HEART? Have them join Children at HEART! Children at HEART is a program to educate youth on family violence, plan safety, and develop their self-esteem.

Self-Care Tip

Unplug for a Few Hours

Self-care is not a one-time deal, but a consistent repetition of little habits, thoughts, or activities you do in order to reach self-actualization. By practicing daily self-care, you can mentally, physically, and emotionally rejuvenate your mind, body, and soul. Switch off your electronics and silence your technology to free yourself from the constant bings of email and social media and block off the outside world to focus on yourself for awhile.

CCADV DV/IPV Interactive Advocacy Webinar Series

The premier Domestic Violence/Intimate Partner Violence Advocacy ECHO® took place on June 21st, a product of a new partnership between CCADV and the Weitzman Institute. Dr. Kimberly Citron, Director of Domestic Violence Services, Research and Education, when asked about Project ECHO, stated that, “New Horizons and the Weitzman Institute are thrilled to be partnered with CCADV to pilot the first DV/IPV Advocacy Project ECHO. As the lead faculty I have the unique privilege of working alongside other experts in the field in applying the Project ECHO model to domestic violence advocacy work.

The multiple benefits of the ECHO model, such as strengthening infrastructure, providing access to expert guidance, and increasing collaboration are highly applicable to this work.

I look forward to our next ECHO sessions in the Fall and the application of the ECHO Model to DV/IPV advocacy in the future.”

The first ECHO in the world dedicated to the topics of domestic violence and intimate partner violence, this is surely a breakthrough in the goal of educating about domestic violence.
Enrichment Programs

There can be a great deal of trauma that results from being in and leaving a domestic violence situation. After fulfilling the residents’ basic needs, we offer enrichment programs and therapeutic activities that focus on self-care and positive connections. We want to go beyond providing physical needs and safety and help residents heal emotionally, spiritually, and internally. Using a focus of self-care and healing, we try to offer residents various opportunities to do so and help them enjoy their stay.

➤ Creative Writing Group

A 4-week creative writing group is offered to adult clients in shelter to allow for creative expression, learning, and sharing. Each week, a writing theme is assigned to ask residents to focus on emotional awareness and healing. The prompt encourages residents to use other outlets to express themselves or their stories through poems, stories, journal entries, or songs. Some victims do not find themselves comfortable sharing in a formal support group so this group allows for the same benefits. The writing group will begin in July and will be led by New Horizons’ Adult Advocate.

➤ Healthy Skin Care Activity

It’s no lie that stress and other negative mental states can leave damaging effects on the skin. The Healthy Skin Care Activity, provided by community members Madeline and Victoria Taylor, taught our residents about how to recognize safe skin products and how to take care of their skin. After this informative and fun activity, the residents were also provided with goody bags to take home.

➤ In Shelter Support Group

New Horizons in-house support group In Shelter is offered by our Adult Advocate. In Shelter covers many topics that are designed to inform and heal residents at the same time. Topics such as the power and control wheel, equality wheel, and cycle of abuse help residents to visualize the stages of abuse in order to gain a deeper understanding. By learning about defining trauma and ways to cope with trauma, defining domestic violence, 20 red flags of a potential abuser, and the 5 stages of grief in a relationship to ending a relationship, residents will have an increased knowledge about what they have been through and how to take care of their well-being in the future. This support group also focuses on the critical elements of healing, such as coping strategies, forgiveness, happiness, easing anxiety, etc.

“Many women are apprehensive in the beginning and don’t think that the group will be beneficial. Once a trust is formed between the leader and members, the benefit is seen and felt. Many women afterwards like to “pay it forward” by passing word of the support group to new members in the shelter and trying to have new members feel comfortable in shelter and in the group. The group’s purpose is to have women not feel alone and to provide a safe atmosphere for the women to relate to one another. It’s amazing to see the growth of the women from the first week where there is resistance and shyness to an increased self-esteem and a feeling of comfort in the last weeks.”

—In Shelter Support Group Adult Advocate

➤ Yoga

A weekly, private yoga class is held by one of New Horizons’ volunteers, Nancy. Each yoga session offers a unique aspect of nourishment, such as self-care, healing the body, mind and soul, relaxation, and much more. The yoga sessions provide an opportunity for bonding with both staff and other residents that leaves everyone feeling a little more at peace after attending.

➤ Self-Defense

Self-defense classes are offered to the residents at Cromwell Martial Arts, as well as 9 Rounds Gym. Clients learn self-defense techniques while getting a good work out at both locations.

➤ Shell-Crafting Class

For many people, a favorite summer-time activity is taking a trip to the beach. The warm sun, soft sand, and fun waves are enough to entice people, but there is one more thing that provides additional excitement during a day of “fun in the sun”: collecting seashells! New Horizon’s took residents to the beach to collect shells for an enrichment activity, hosted by Gail Farrar, a volunteer who also participated in the Love Shouldn’t Hurt Art Show held in February to benefit New Horizons. Gail offered to demonstrate to the residents how to turn the sea shells into various crafts such as frames. The shell-crafting activity provided the residents with great fun, new skills, and the ability to create a lasting memory of a fun day at the beach!

If you would like to partner with New Horizons and offer your services for a future enrichment program, please contact our office at (860) 344-9599!
With about nineteen years of experience in the work of Domestic Violence Advocacy under her belt, New Horizon’s Bilingual Adult Advocate provides a multitude of services that benefit community members in more ways than one. Her Monday through Friday job is not typical compared to most people, with her time spent in two different locations, serving the needs of clients who appreciate her support, guidance, and knowledge of domestic violence situations.

While having the title of the Bilingual Adult Advocate for New Horizons Domestic Violence services, she also serves the community of Clinton, CT as an advocate. While in Clinton, she provides individual counseling and various referrals, such as medical, prenatal, and therapy-related, from specialists within the Community Health Center. Her devotion to both the communities of Clinton and Middletown is easily recognizable through her hard work and commitment.

Being New Horizon’s only bilingual adult advocate, her role takes on new meaning with every client that is served. Community clients and shelter residents who are bilingual or who speak very little English find encouragement and comfort in the ability to speak to an advocate who readily understands. This bridge of trust that forms also enables the clients and residents to improve their English-speaking capabilities in order to seek employment, education, and foster positive child development if they have children. The Bilingual Adult Advocate has been working on the idea of a Spanish support group within the domestic violence services in the Middletown community which would promote a greater sense of community, support, common ground, and respect.

We had a Q & A with our Adult Advocate to provide a better understanding of what they do and how they can help.

**Q: Do you feel as if community clients who are bilingual or who speak little English receive a different or lesser quality of care from the community than other clients?**

A: When individuals have a legal status that is not resolved, they may be afraid to go to the police. They may be apprehensive that they will not receive what they are looking for, as far as resources and support from the community. As an advocate, it is my job to make sure the clients, whether they are English-speaking or not, are supported in any way that I can.

**Q: What are some ideas to further support bilingual clients (i.e. Spanish support groups, etc.)?**

A: People can become afraid after hearing the words “domestic violence situation”, because they may not fully understand what that entails. Many people believe that domestic violence is only physical, which is absolutely not the case. Educating people about domestic violence and offering support groups would help to build trust amongst the clients. One of the best ways to end domestic violence is through education. Helping victims learn more about domestic violence and their own situations in supportive, comforting ways would help to foster future, healthy relationships.

**Q: What is your favorite part about your job?**

A: When I give hope to people. When people come to me and are feeling very helpless, we initiate the conversation, and they start to realize that whatever is going on is not their fault. Discovering the strength that they do have is very valuable to me.

**Q: I know there must be many, but what is one of the most important things you’ve learned from your advocacy work from the past 19 years?**

A: Going with what the client wants. Essentially, the client is the expert. In the direction that we are going now, it is all about listening to the client and giving the client the power that they are entitled to. There are times when the work is frustrating, but I have realized that the frustration steps aside when the client needs to gain confidence and support.

**Q: What improvements in serving domestic violence victims and families do you wish to see made in the future?**

A: In an ideal world, it would be so nice to have a transition place to have the time to recuperate from the drama of what they have been going through. Some people do not even realize the extent of trauma that they have been exposed to, and taking the time for themselves and healthy transitioning would be extremely beneficial.
Did You Know?

**td411** is a free mobile app that gives teens the 411 on healthy relationships and teen dating violence.

In this technology-driven world, td411 can be a positive way to reach teens, as well as adults, who are experiencing intimate partner violence or would just like to know more about it. The app offers:

- **Safety tips**
- **Dating quizzes**
- **Statistics**
- **Contact information for helpful domestic violence and intimate partner violence organizations in Connecticut**
- **The option to tell one's story and much more!**

Offered in both English and Spanish, td411 can give teens the independence to learn about teen dating violence while also offering a large array of support services if wanted.

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**Summer 2017 Wish List**

- Non-perishable food items
- Condiments and spices
- Coffee and drink mixes
- Towels
- Slippers
- Twin size sheets and pillow cases
- Pillows
- Women’s underwear (new) size 6 and up
- Women’s bras/sports bras (various size)
- Over the counter meds (Tylenol, cough medicine, allergy medicine, Vitamin C, etc.)
- Feminine hygiene products
- Journals
- Laundry detergent
- Cleaning supplies
- Sunscreen
- Gift cards in small denominations to grocery and department stores within the Middletown area
- Monthly bus passes for Middletown Area Transit and CT Transit
- Prepaid phone minutes
- Reusable water bottles
- Rain umbrellas and beach umbrellas
- Bug repellent

**Thank you for your generosity!**
Thank you to **Dahlia Green Florist** for the weekly donation of beautiful, fresh flowers!

Thank you to **Alicia Moody and her family** for their commitment and effort to make the 1st annual Walk Out on Domestic Violence the successful event that it was!

Thank you to **Jeanne Fruin** for always thinking of New Horizons Domestic Violence Services. Your consistent donations and support are received with endless appreciation.

Thank you to **Haddam Public Housing** for the generous donation of $5,000.

Thank you to **Michael and Robert at Stor-U-Self Storage Facility** in Portland, CT for their services and donations. Items that are abandoned in their storage units are offered to New Horizons, which provides us the opportunity assist shelter residents who are moving out.

Thank you to **Subway** and **Hideaway Restaurant & Pub** in Old Lyme for their food donation to the High Hopes therapeutic horse riding farm field trip!

Shown at far left: Dr. Kimberly Citron and Chanelle McCalla at the Walking Out on Domestic Violence event. Pictured at left: Fresh flowers donated by Catherine at Green Dahlia. Shown below: New Horizons’ team members, Kelly Tea and Isabella Ostrowski at Stor-U-Self assisting with a client’s move.