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Programs & Services:

24/7 Crisis Helpline Services
24/7 Rape Crisis Services
SAND (Sexual Assault Network of Delaware Advocacy Coalition) Reassurance Program

Visit us on the web:

www.contactlifeline.org

Crisis Line:

NCC (302) 761-9100
Kent/Sussex
(800) 262-9800



From the Executive Director...

It would be hard to understate the impact of modern technological achievements. Data micro-processing, cellular and electronic communications have revolutionized the world, particularly regarding their commercial applications. American businesses are far more efficient and their employees much more productive than either was thirty years ago, prior to the computer revolution. But, like Crabgrass in the lush Fescue of one's front lawn, information technology in its many forms has insidiously intruded into the delicate fabric of day-to-day human interaction, and we are all the worse for it.

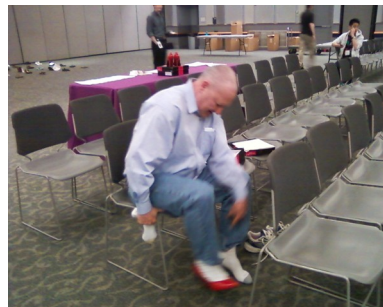
A hundred and twenty-five years ago, if you needed to communicate with someone, you either spoke to them directly or you wrote a letter using pen and ink. Face-to-face relations were marked by gestures, nonverbal cues and emotions. Or, they occurred by way of artistic penmanship, well-crafted writing that was a pleasure to read and which conveyed well-organized thoughts and sentiments. Either of these modes of communication, primitive by today's standards, was richly expressive and engaging. Nowadays, personal communications – not merely those between business associates in the course of work but increasingly among friends and family too – have been largely reduced to sterile e-mails and those ubiquitous text messages. If interpersonal communication a century ago was a lavish buffet, today it is more like a quick trip to a drive-through hamburger joint.

We are all at risk of becoming impersonal little human islands, securely insulated from each other by electronics and technology. And it isn't just e-mail and smart phones that keep us apart. It's also the Internet, cable television, MP3 players and video games. If we want to cocoon ourselves away from everyone else, it's easy enough to do so these days.

We must reclaim the art and value of real, substantive, personal interactions with others. There is an appropriate time and place for electronic telecommunications; we need not completely do away with the Internet, cell phones or voice mail as these yet have their places. But, life is richer, more robust and humane when we engage another's eyes with our own, elicit a smile and share a joke – or sometimes, a tear. We must not confuse the object of our message, a real person, with a machine!

Friend, take time to write someone special a handcrafted note or letter (and use a pen with blue ink and unlined, white paper; it's more *old-fashioned* that way). Skip the weekly phone call to Aunt Martha and visit her instead. Forego that date with the Home Shopping Network on cable television and take a walk or sit outside on the front porch, smiling and waving at passers-by as you do; you'll feel better.

-- Carl



Carl Burke
isn't afraid to
"Walk in Her
Shoes" –
University of
Delaware,
April 12,
2011

Rape Crisis Issues in the Latino Community



*Iris Drane
Rape Aftercare Counselor (Kent/Sussex) &
Milford Office
Manager*

“...many Spanish-speaking survivors of sexual and intimate partner violence have been beyond the reach of victim advocates, social services, the criminal justice system, and others who could help them.”

Delaware has seen a dramatic increase in the Latino population. According to the Census Bureau, one of every seven people in the United States is Hispanic, with the Latino population at 41.3 million and growing. Spanish is the second most common language spoken in 43 states and the District of Columbia (U.S. English Foundation 2005). Victim services have not been able to keep up with the rapid growth of this diverse group. Consequently, many Spanish-speaking survivors of sexual and intimate partner violence have been beyond the reach of victim advocates, social services, the criminal justice system, and others who could help them.

A lot of our Hispanic clients are sexually abused by their spouse or live-in partner. Though abuse exists in all kinds of families, Hispanic victims who face domestic violence have particular needs – culturally, linguistically, and legally.

While it is a common tactic for an abuser to isolate the victim, the victim’s isolation in the Hispanic community may be intensified by a language barrier. Lack of English proficiency can prevent victims from adequately knowing what kinds of resources are available to help them leave their relationships. A limited knowledge of English can pose a barrier for the victim to understand exactly what the services entail and how

to access them.

Another common tactic to gain power and control is constant threats and intimidation. Fear of deportation is a primary barrier to seeking help from service agencies. Within the Hispanic community, the threat of deportation is a powerful and intimidating control scheme and is, again, very difficult to overcome. Lack of knowledge about their rights and immigration law creates great worry and anxiety for victims, who are very often controlled with their abuser’s threats.

U.S. ENGLISH Foundation Inc.,
“Many Languages, One America.”
2005. May 6, 2005

*-- Submitted by Iris Drane, Rape Aftercare Counselor/
Milford Office Manager*

IT'S TIME....TO GET INVOLVED

Engaging Bystanders in Sexual Violence Prevention



*Prevention Specialist, Tina Robinson holding our
Paratransit bus campaign sign.*

Do you know what it means to be a “bystander?” A bystander, or witness, is anyone who sees a situation but may or may not know what to do, may think others will act or may be afraid to do something. Research shows that engaging bystanders is a promising way to help **prevent the widespread problem of sexual violence in communities.** (NSVRC.org)

Our mission is to keep people alive and safe, to help them through crises, and to connect them with relevant community resources.

Spotlight on a Volunteer: *Althea Lanier*

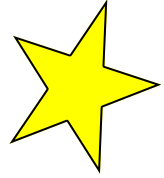


**Volunteer,
Althea
Lanier**

Althea Lanier has been with ContactLifeline (CL) since March 2010. She found the CL while doing research for her own organization ALANI. She

called CL and spoke with Polli and attended a Sexual Assault Network of Delaware (SAND) meeting. She then learned about the 24/7 crisis hotline, even though she had never considered volunteering on a crisis line, she decided to attend the training. Participating in the training has given her such a positive skill set that she has used it in other parts of her life. She did many of her apprentice

shifts with Wallace Bryant in which she so enjoyed. Her family is extremely supportive of her volunteering, which is important to her. She is also more sensitive to others feelings and enjoys coming ever week. Hearing the feedback from callers is also gratifying knowing she has made a difference. Volunteering at CL keeps her life in perspective she says. She also states she had a big heart when she started but now it's even bigger.



Spotlight on a Staff Member: *Cheryl Wilson*

Cheryl Wilson is ContactLifeline's *Rape Aftercare Counselor* for New Castle County, working in the agency's Wilmington office. In the course of her work, Cheryl provides individual and family counseling to adult and adolescent victims of sexual assault, helping them survive their traumatic experiences. Her work takes her to high school Wellness Centers throughout New Castle County, where she reaches out to and counsels young victims of sexual assault. Cheryl also accompanies rape victims referred to hospital emergency rooms.

Prior to her coming to ContactLifeline in 2009, Cheryl provided clinical treatment to children, adolescents and adults, and co-facilitated multiple therapy groups. She also helped young children grieving the loss of loved ones, employing multiple treatment therapies.

Cheryl's work as a counselor allows her to support survivors as they give voice to their pain. Seeing her clients grow stronger over time and survive their experiences, knowing that her work has helped them brings Cheryl great professional satisfaction.

The memory of one particular client stays with Cheryl. The woman's daughter had been raped while away at college, and she came to Cheryl seeking help in coping with the anguish of her daughter's trauma. By the third counseling session, her client told Cheryl that she had suffered sexual abuse at the hands of her stepfather when she was seventeen years old, suffering in silence for over twenty-five years. In time, the client came to understand her own mother's lack of support and was able to acknowledge

the strengths she used to survive the psychological and emotional trauma she endured as a child.

Cheryl Wilson holds a Master of Science Degree in Community Counseling from Wilmington University. She is a member of the Delaware Professional Counselors Association and is actively involved with many community service projects throughout the Wilmington area.



**Cheryl Wilson
Rape Aftercare Counselor, NCC**

"Seeing her clients grow stronger over time and survive their experiences, knowing that her work has helped them brings Cheryl great professional satisfaction."



2011 Board Members

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On April 5, 2011 ContactLifeline and fellow Delawareans had the honor of participating in the unveiling of a state-wide outreach advertising campaign, "It's Time.....To Get Involved" which will be featured on DART paratransit buses for the month of April and May.

One of our honored guests was Delaware Senator Patricia Blevins, who has been a long term supporter of ContactLifeline and the Sexual Assault Network of Delaware. We were also honored to have as our guest speaker for the event, Judge Susan Carbon, Director of the United States Department of Justice's Office on Violence Against Women. Judge Carbon oversees the programs of the Violence Against Women Act.

April 5, 2011 was also our Legislative Awareness day which was filled our volunteers and staff providing legislators with information about ContactLifeline services as well as sexual assault awareness information.

Topping off our day was Governor Markell signing our proclamation declaring April as "Sexual Assault Awareness Month". Our events were attended by Judge Carbon, staff, volunteers and other community members.

Sexual Assault Awareness Month



Judge Carbon helps unveil the Bus Campaign on Legislative Day, April 5th, 2011

Calendar/Upcoming Events

- **Summer Helpline Training***
Tuesdays; 6 pm-9pm; 7/12/11– 8/30/11
* Training includes 5 online modules and 6 ap-

ContactLifeline...Caring—Confidential—Crisis Support