



Winter 2015 Newsletter

General Phone: 734.416.1111
 24-Hour Help Line: 734.722.6800
 Toll Free: 888.453.5900

firststep-mi.org

WOMEN, CHILDREN AND MEN ALL SUFFER FROM THE HARMS OF DOMESTIC VIOLENCE. FIRST STEP IS WORKING TO CREATE A WORLD WHERE ALL MEN AND BOYS ARE LOVING AND RESPECTFUL AND ALL WOMEN AND GIRLS ARE VALUED AND SAFE. WE BELIEVE THAT ALL PEOPLE HAVE THE RIGHT TO FEEL SECURE, HAPPY AND RESPECTED IN ALL OF THEIR RELATIONSHIPS.



The 100 Men Campaign is about men becoming proactive by actively engaging in a number of different fundraising events to help fund support services and find solutions to help prevent violence against women, children and men in our community.



IN THIS ISSUE:

- 100 Men Campaign
- Steppin' Out in Style Event
- New First Step Board Members
- How You Can Help First Step
- Plymouth Rotary Challenge Sparks Playground Progress

MALE VOICES CAN PLAY A CRUCIAL ROLE IN THE MOVEMENT TO END GENDER VIOLENCE. THIS IS YOUR CHANCE TO MAKE YOURS HEARD. SEE FORM ON PAGE 3.

100 MEN DONORS AS OF DECEMBER 2015

- | | | | |
|--|---|--|--|
| <ul style="list-style-type: none"> • Raymond Anthony • Donald Brown • Steve Burkett • Kerr, Russell and Webber, PC Fund for Scott Clifford and John Quayhack • John Colina • James Connelly • Richard Cummings • Jonathan Dreyfuss • Phillip Fiantd | <ul style="list-style-type: none"> • Harvey Fox • Greg Goyert • Nayan Hajratwala • Hon. Richard Halloran • Walid Harb • Andy Hetzel • Vernon Humes • Mayor Thomas Karnes • Scott Koepke • Donald and Pamela Kegley • Kevin Killian | <ul style="list-style-type: none"> • Duff Mahan • Gerald Mangona • Roch McClain • Rev. Dr. Eleazar Merriweather • Henry and Sandy Naasko • Marilyn Nix • Mark Popovich • Mark Polgar • Eric Posser • Jehangir Rao, MD • Stephen Sabin | <ul style="list-style-type: none"> • Fred Satterlund • John Seedott • Richard Skutt • Patrick Smithbauer and Karen Wilson Smithbauer • David Treadwell • Mayor William R. Wild • Patrick Wong • Wendy Woodward • Camden Youngquist • Anonymous |
|--|---|--|--|

- Sponsor a Personalized Brick in First Step's Entryway
- 100 BILLION RISING Event

Lieutenant/Hostage Negotiator Shares His Thoughts About First Step

Barb Weir Recognized for Volunteer Efforts

SAVE THE DATE! | STEPPIN' OUT IN STYLE EVENT

**SUNDAY
 MARCH 22, 2015
 6:30-9:30 PM**

Zonta of Farmington/Novi presents the 21st Annual Steppin' Out in Style event to benefit First Step. The event will be held at Carson's-Laurel Park Place at Newburgh and 6 Mile.

This is a wonderful evening of private shopping (with a discount on most items), food, entertainment, fashion, and fun to benefit First Step. Save the date and tell your friends.

Sponsorship levels are available from \$100-\$2,000. We would love it if you would help us promote this event. Flyers will be available soon at firststep-mi.org or zontafarmingtonnovi.org.

NEW FIRST STEP BOARD MEMBERS



KIMBERLY COLEMAN

Attorney and Vice President, Contract Department Head for Flagstar Bank. Kimberly lives in Sterling Heights and brings experience negotiating agreements, ensuring regulatory compliance, and improving business processes.

JEROME ESPY, SR.

President and Owner of Nfinit Integrated Communications. Jerome is a public relations, communications and public affairs specialist with more than 20 years of experience in print, radio, and television. Jerome lives in Oak Park, MI.

JOYCE HOWE

President of Howe and Russell in West Bloomfield, MI. Joyce has been a CPA since 1980. She has a wealth of experience in finance and with non-profit organizations. Joyce is from Northville, MI.

CARRIE ELAINE TINGLE

Executive Director of Human and Community Affairs with Bridgewater Interiors (a Johnson Controls Joint Venture Company). Elaine lives in South Lyon, MI and has 25 years of experience in the field of human resources, including employment law, training and development, coaching and mentoring.

TECHNOLOGY & VIOLENCE

Technology is—without a doubt—in every one of our lives. We have come to rely on it for a myriad of daily responsibilities and activities.

However, our reliance on technology has also increased our risk for becoming victims of cyberstalking. As technology becomes more intricate, and perpetrators become more creative, our electronic devices are becoming portals into our personal and private lives.

Spyware is software that can be installed on a smartphone, computer, or tablet, in order to track the activities of its user. Spyware programs, which are relatively cheap in price, easy to install and operate and difficult to detect, may be installed

on the phone of an individual who is attempting to leave an abusive relationship. An abuser who wishes to continue to control his/her partner can take advantage of these programs by observing and manipulating their victim's activities remotely. For example, an abuser can keep track of who their partner is texting, calling, emailing or chatting with, access bank accounts, or monitor their partner's movements via GPS function. Certain spyware even allows for eavesdropping into conversations going on in a room where the phone is located.

Domestic violence and sexual assault survivors are extremely vulnerable to cyberstalking. A special report put out by the Department of Justice in 2013 found that 7 out of 10 cyberstalking victims knew their offender and that the most common forms of cyberstalking used are email (83%) and instant messaging (35%). Perpetrators use the anonymity and protection that

the internet offers in order to instill fear and anxiety, and maintain rigid power and control over their victims. Surveillance of their victims is just one tactic of many that perpetrators use for taunting and harassing, which is meant to break down a survivor's psyche and increase traumatic reactions such as nightmares, hypervigilance, helplessness, shock, and more.

Cyberstalking is illegal and there are anti-stalking laws in every state in order to protect individuals who are victims of this vicious and profane crime. Please seek the help of a professional if you or someone you know is a victim of cyberstalking. Resources include the National Center for Victims of Crime Stalking Resource Center and Working to Halt Online Abuse (WHOA).



Sources: National Public Radio. (2014, September 15). Smart phones are used to stalk, control domestic abuse victims. Privacy and security.

Retrieved from <http://www.npr.org/blogs/alltechconsidered/2014/09/15/346149979/smartphones-are-used-to-stalk-control-domestic-abuse-victims>

National White Collar Crime Center. (2013). Cyberstalking. Research section. Retrieved from <http://www.nw3c.org/docs/research/cyberstalking.pdf?sfvrsn=8>

WOULD YOU LIKE TO SUPPORT FIRST STEP?

Here's how you can help

GIFTCARDS



Donate gift cards from Kroger, Meijer, Home Depot, Walmart or MasterCard/Visa. Gift cards are used throughout the year to purchase items needed for the shelter and non-residential counseling offices and, also, to provide for gas and other special needs for the families we serve.

CONTRIBUTE ITEMS FROM FIRST STEP'S WISH LIST

(New Items Only Please) – you can help supplement basic needs for our clients.

- Bath Towels, Wash Cloths, Twin Sheet Sets
- Deodorant, Body Lotion & Wash, Wide Tooth Combs, Brushes, Hair Care Products for Women of Color
- Underwear & Socks (for women, children & infants)
- Diapers (sizes 4, 5, 6), Pull Ups, Baby Wipes, Baby Wash & Lotion, Baby Food/Formula
- Standard Baby Bottles (8oz or larger)



PROVIDE FINANCIAL SUPPORT

Cash donations of any amount are always needed to support the free services offered by First Step to families affected by violence. Straight-out financial support is our agency's most critical need, as it allows First Step to provide the basic services needed by survivors where grants and government funding falls short.

For more information:
734.722.1772 or info@firststep-mi.org
Our wish list can be found at firststep-mi.org

THANK YOU FOR MAKING A DIFFERENCE!

100 MEN CAMPAIGN DONATION FORM

(Continued from cover page)

CONSIDER ME A MAN OF STRENGTH, CHARACTER, AND ACTION!

Sign my name to the 100 Men Campaign

and accept my donation to First Step

Name: _____

Company: _____

Address: _____

City: _____ State: ____ Zip: _____

Email: _____

Phone: (____) _____ - _____

GIFT AMOUNT ENCLOSED

- \$100 \$500 \$1000 \$5000 \$10,000
 Other _____

PAYMENT INFORMATION

- Check enclosed Credit card: Mastercard Visa

_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-

EXP: ____/____ 3 Digit Code: ____

- Please contact me to arrange for a planned gift: a bequest, will or life insurance policy.

- By checking this box, I am giving permission for my name as it appears here,

_____ to be used as part of First Step's online media campaign, otherwise the donation will remain anonymous.

Please fill out and return to:

**FIRST STEP
44567 PINETREE DRIVE
PLYMOUTH, MI 48170**

PLYMOUTH ROTARY CHALLENGE SPARKS PLAYGROUND PROGRESS



ROTARIANS AND PROFESSIONAL LANDSCAPERS, NEARLY 60 VOLUNTEERS IN ALL, SHOWED UP ON A COOL OCTOBER SATURDAY TO PLANT 60 TREES, SPREAD TOPSOIL, PULL WEEDS AND BUILD A BEAUTIFUL RETAINING WALL FOR FIRST STEP'S FUTURE HEALING GARDEN.

Plymouth Rotary Club member Eric Joy, the son of club president Tim Joy, heard about First Step's dream to build a playground/healing garden at a club meeting last year. First Step has been working with donors and volunteers to build an outdoor space for survivors of violence, designed to lessen the stress and trauma they have experienced. Eric was moved to help. He knows a lot about landscaping, so he helped First Step staff to select the types of trees to plant. Eric worked to get 60 trees donated from an anonymous donor and engaged Rosetta Stone to donate the materials to build a retaining wall.

Eric also worked with the enthusiastic members of the Plymouth Noon Rotary Club and recruited two professional landscaping companies (owned by Rotarians), Serene Surroundings and Infinitely Green landscaping, to donate their services and equipment for the day. Rotarians from several clubs also lent a hand. At the end of the day, the playground was nearly completed.

Many of the essential playground projects were completed earlier this summer/fall, including installation of a central pavilion, a splash pad, drainage and infrastructure, a ½ basketball court, a bridge, 10 pieces of playground equipment, and a cement walking path. The First Step playground project is now approximately 80% complete and the remaining equipment and the garden areas are expected to open for our survivors in the spring.

SPRING PLAYGROUND PROJECTS STILL SEEKING SUPPORT

- * Labor to build a 10 by 12 foot decorative/functional shed
- * Installation and planting of large garden bed along the building
- * Installation of the rock and water gardens
- * Plantings for the healing gardens
- * Outdoor ping pong table
- * Cardio fitness area for teens/pre-teens
- * Cardio fitness equipment for adults
- * Sundial
- * Sculptures
- * Sod
- * Irrigation system

You can buy a commemorative brick in support of the First Step playground project see page 6 for more information.

For information, contact tbizoe@firststep-mi.org



SPONSOR A PERSONALIZED BRICK

Support the First Step Playground, Resource Center and ARK Animal Sanctuary

If you're interested in having your name or your family's name represented in the exterior entry way at First Step, please consider our Buy-a-Brick Program to support the efforts of First Step's building committee. Engrave a brick in honor of a family member, teacher, mentor, survivor, advocate, scout troop, service club or friend. Businesses and religious organizations are also welcome to participate in this program.

Your engraved brick will become a lasting part of the First Step's entryway.

Proceeds from the brick sales will go to fund one of three proposed building projects:

Project 1 // THE PLAYGROUND/HEALING GARDEN

An area for fun, fitness and rejuvenation for the children and adult survivors who come to First Step. This space has been carefully designed with all the elements of a hospital healing garden and with play stations for children and teens of all ages. We believe by adding an area for play, fitness and relaxation, our families will thrive and be able to recover from the trauma they have experienced.

Project 2 // THE RESOURCE CENTER/GARAGE

A heated storage area for First Step to store donations of food, clothing, household goods, diapers, hygienic supplies and other items donated by the community. This will also provide First Step with a safe place to store agency vehicles, tools, yard equipment and other building maintenance items.

Project 3 // THE FIRST STEP ARK ANIMAL SANCTUARY

An annex to the First Step Resource Center especially designed to house the pets of the families in First Step's shelter. This program will ensure that pets will not be left behind when a family needs to move into First Step's domestic violence shelter. Funds raised for the ARK (Animals Receiving Kindness) will be used to build the animal facility and also to provide veterinary care, food, insurance and supplies needed to run the program.

There are two ways to order your commemorative brick.

1. Online at www.brickrus.com/order/firststep
2. Fill out the form below and mail with payment to:
First Step-Buy a Brick, 44567 Pinetree Drive, Plymouth, MI 48170



Scan code with smart phone to go directly to the donation site.



ONE BILLION RISING
STRIKE | DANCE | RISE!

FRIDAY, FEBRUARY 13TH
6:30-8:30PM

At First Step's Karen Wilson Smithbauer Center
4400 S. Venoy Road, Wayne, Michigan

ONE BILLION RISING IS:

EVERYONE IS ENCOURAGED TO WEAR RED!

- * A global strike
- * An invitation to dance
- * A call to men and women to refuse to participate in the status quo until rape and rape culture ends
- * An act of Solidarity, demonstrating to women the commonality of their struggles and their power in numbers
- * A refusal to accept violence against women and girls as a given

First Step will feature an hour of music, songs, ceremony, and dancing.
Light refreshments will be served.



PERSONAL INFORMATION

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____ Phone: (____) _____ - _____

Email: _____

BRICK OPTIONS

- Small Brick—\$100 Each 4×8 brick allows up to 3 lines of text, 18 characters/line
- Large Brick—\$250 Each 8×8 brick allows up to 8 lines of text, 18 characters/line
- Granite Tile—\$500 Each 8×8 granite paver allows up to 8 lines of text, 18 characters/line; or businesses may choose to display their logo instead
- Add a symbol to any order for \$50 additional. Please see firststep-mi.org for an approved list of symbols.

PAYMENT INFORMATION

Check enclosed Credit card: Mastercard Visa

_____-_____-_____-_____

EXP: ____/____ 3 Digit Code: _____

Name as it appears on card: _____

Please select a program for your donation, or leave blank and your gift will be applied to the area of greatest need.
 #1 Playground/Healing Garden #2 Resource Center/Garage #3 Animal's Receiving Kindness

LIEUTENANT/HOSTAGE NEGOTIATOR SHARES HIS THOUGHTS ABOUT FIRST STEP

Police Lieutenant Chris Egan never knows exactly how his day will turn out. Chris may respond to a dangerous and volatile 911 domestic violence call, or he may respond to a teenage girl who was sexually assaulted. He may even be called upon to negotiate and respond to a domestic hostage situation as a Team Leader on the Downriver Crisis Negotiator Team. Chris has received extensive police training on how to respond to these situations. Chris also has a unique perspective he brings to his job; Chris did a college field placement at First Step.

Chris worked with the families in First Step's shelter and transitional housing programs. During Chris's service to First Step, he saw domestic and sexual violence through the eyes of the survivors and their children. Chris attended First Step's extensive training. He answered our 24-Hour Help Line. He accompanied children on field trips, supported survivors and helped wherever he was needed. He said, "Working on the First Step crisis line helped me to hone my listening skills, which I believe has saved lives in my work as a negotiator in domestic violence barricade situations, like in a recent situation in a Downriver community."



Chris was the primary negotiator in an incident where a man held his ex-wife hostage. He says, "The survivor had to do what she had to do to stay alive. Everyone in that situation came out alive. She is my hero and I am amazed how strong and resilient women are when they survive and escape from an abusive relationship. Working at First Step gave me that perspective." As a tribute to the courage and strength of First Step's survivors, Chris decorated a paving stone to be placed in the First Step Healing Garden.

Chris said, "As a Police Lieutenant, we are trained to work quickly and efficiently. Working at First Step, I realized that there are traumas that take more time and attention to ensure the safety of the victim and the community. To respond effectively to domestic violence, child abuse and criminal sexual conduct complaints, I've learned to take my time, listen, be patient, and pay attention to the little details. My work at First Step helped me to understand the dynamics of domestic and sexual violence which has really helped me respond with compassion and empathy."

"First Step is a huge resource for police officers. The organization provides help to the survivors where police can't," said Chris. "I carry First Step cards with me and hand them out to survivors and say, 'First Step is there for you. They can provide shelter, counseling, legal information, support, etc.' I have seen many individuals and families helped by First Step and believe they are an important resource for anyone who works with victims of violence."

Chris is continuing to volunteer at First Step. He is also teaching crisis communication skills in a Citizens Emergency Response (CERT) class at Baker College, and working to advocate for additional empathy skills training and domestic violence training and education in police academies and colleges. He also works with his platoon to provide training, direction and focus in responding to these sensitive areas.

✔ COUNT ME IN!

I would like to help FIRST STEP, Western & Downriver Wayne County's only comprehensive Domestic & Sexual Assault program.

I wish to support First Step with a donation of \$_____.

Credit Cards: VISA / MC (circle one)

Account#: _____

Exp. ___/___ 3 Digit Security Code: _____

Signature: _____

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

(Checks payable to First Step)
Please fill out this form completely and mail to:
First Step, 44567 Pinetree Drive,
Plymouth, MI 48170

DONATE ONLINE!

Visit <http://bit.ly/firststep-mi>

or scan this code with your smartphone. To scan the code, you'll need a free app like QR Scanner or ShopSavvy.



BARB WEIR RECOGNIZED WITH DISTINGUISHED VOLUNTEER AWARD

First Step would like to recognize Barb Weir on her Distinguished Volunteer Award from the Association of Fundraising Professionals (AFP) and First Step, in honor of National Philanthropy Day. First Step nominated Barb for all the hard work she does for us.

Barb is the driving force behind the Ladies Ancient Order of Hibernians'



Fundraiser, *A Chocolate Affair and Luncheon*. Each year, this event raises funds for First Step that help us continue to provide services to survivors of domestic and sexual violence. Thank you Barb for all of your enthusiasm and dedication to First Step.



44567 Pinetree Drive
Plymouth, MI 48170

ABOUT FIRST STEP

First Step is an agency in Wayne County that provides comprehensive services to support victims of domestic and sexual violence.

First Step offers temporary emergency housing, counseling, advocacy, transitional housing, assault response, 24-hour help line services, children's services, training and education to survivors and to the community.

WE ARE ON THE WEB!

See us at: firststep-mi.org



Help work to make your community violence-free by becoming involved with First Step; volunteer, donate, and stand up against violence in your community.

Call 734.416.1111 for more information.

First Step
44567 Pinetree Drive
Plymouth, MI 48170

First Step
Karen Wilson Smithbauer Center
4400 South Venoy Road
Wayne, MI 48184

Phone
734.416.1111

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For information about the newsletter or to unsubscribe, contact Theresa Bizoe 734.656.0730, tbizoe@firststep-mi.org



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