

## STEPPIN' OUT...in Style!

**For 20 years, the Zonta Club of Farmington/Novi has organized the "Steppin' Out in Style" Event benefit for First Step.**

This event has raised \$435,200 for First Step since 1994. See the event flier on page 2 for event details. "Steppin' Out in Style" is a wonderful event, featuring private shopping (with 25% discount on most items), signature dishes provided by local restaurants, music, fashion and fun. "The wonderful women of the Zonta Club of Farmington/Novi have created a fundraiser with very few expenses. Most all the profit from ticket sales, sponsorships and the raffle go directly to

help First Step provide services to victims of domestic and sexual violence,"

said Amy Youngquist, First Step's Chief Executive Officer. "This is such a terrific event.

We would love to double our ticket sales this year," said Youngquist.

Here are some ways you can help us do just that!

1. Copy the event flier in this newsletter and pass it along to your friends, family, faith community, service club, book club, bowling team, work colleagues, etc.
2. Obtain an electronic version of the flier off First Step's website, [firststep-mi.org](http://firststep-mi.org), and forward it along to your contacts with a personal note
3. Join the First Step Facebook Group - share information about this event with your Facebook friends
4. Ask your company, service group and/or faith community to consider an event sponsorship
5. Take the flier to your child's school and distribute to the teaching and administrative staff
6. If you cannot attend this year, consider donating a ticket for First Step to use (for survivors and/or volunteers who cannot afford to attend)
7. Join us for the event as a sponsor or participant!

We hope to see you there. For more information about the event, call 248-496-9841 or e-mail [heraschke@comcast.net](mailto:heraschke@comcast.net). Make checks payable to the Zonta Club of Farmington/Novi (Zonta and First Step are both 501 © 3 charitable organizations under IRS regulations).

**MARCH 23, 2014  
6:30-9:30 PM**

*Carson's*  
**LAUREL PARK PLACE  
LIVONIA, MICHIGAN**

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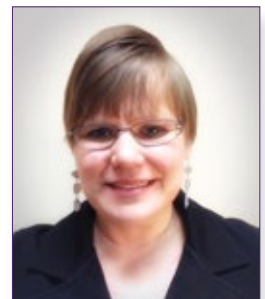
PetSmart supports First Step

## YEAR IN REVIEW | Amy Youngquist, Chief Executive Officer

**2013 has been an exciting year for me and for First Step.** I am proud to have been selected as the new CEO of this great organization. I am especially pleased to report many significant accomplishments by our team of talented staff, board members and volunteers this past year:

- In July of 2013, we celebrated two successful years in our beautiful new residential facility - the Karen Wilson Smithbauer Center. We can be proud that we built a beautiful and functional place for families to heal from the trauma of domestic and sexual violence. We believe that we have built one of the best domestic violence facilities in the country.

- Together we raised nearly \$140,000 and broke ground on our new playground/healing garden. We believe play is an essential part of healing for the children who come to us for help. We look forward to opening this important resource to our families this summer.



Amy Youngquist

ZONTA CLUB OF FARMINGTON/NOVI AND *Carson's* LAUREL PARK PLACE  
CELEBRATING 20 YEARS OF COMMUNITY PARTNERSHIP  
PRESENT

# steppin' out in style!

A PRIVATE SHOPPING EVENT BENEFITTING



## FirstStep

Sunday, March 23, 2014

6:30-9:30 PM

Carson's Laurel Park Place

- \* Featuring a Trendévous Fashion Show at 7 PM - view 50 head-to-toe Spring looks!!
- \* Enjoy complimentary beauty consultations from premier cosmetics and fragrance brands.
- \* Take advantage of an after-hours shopping extravaganza with a 25% off shopping pass!!
- \* Sample tasty bites from local eateries.
- \* Take a chance on the raffle - many prizes including top prize of \$500 in cash!!

Get tickets/information from Zonta members  
or First Step offices,  
[zontafarmingtonnovi.org](http://zontafarmingtonnovi.org) or  
[trendevous.com/firststep](http://trendevous.com/firststep).  
Have questions? Call 248.496.9841  
or e-mail [heraschke@comcast.net](mailto:heraschke@comcast.net)



styleline  
MAGAZINE

*Carson's*  
carsons.com

FirstStep  
Powerful Families • Safe Communities

\$20 IN ADVANCE - \$25 AT THE DOOR  
SPONSORSHIPS - \$100 TO \$2,000 ARE ALSO AVAILABLE!!

# YEAR IN REVIEW

**Amy Youngquist**  
*Chief Executive Officer*

*(Continued from Page 1)*

- We are raising funds for a resource center/garage area and pet center so that we can store donations from the community and so that victims will have a place to keep their pets on site when in shelter.
- Secured a \$200,000 grant from Wayne County Edge to add improved security features to our Wayne Site.
- Completed the First Step Strategic Plan for 2013-2016.
- Recruited two new board members with expertise in human resources and accounting (June Nicholas and Joyce Howe).
- Updated the Board of Directors Manual.
- Recruited a Safety and Security Committee and implemented many safety improvements and training for our staff.
- Implemented best practice upgrades to our finance department to continue to ensure excellence in stewardship and financial controls.
- Helped countless numbers of clients secure housing, skills in financial empowerment and economic self-sufficiency.
- Provided parenting education, computer classes and tutoring for survivors.
- Partnered with service clubs and businesses to run fundraising events for First Step. This keeps our fundraising costs low and provides much needed financial resources to achieve our mission.

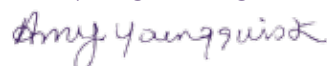
All the accomplishments listed are above and beyond what we

do each and every day to provide free counseling, advocacy, support, shelter, transitional housing, community response, 24-hour help line support, assault response, legal clinics, children's services and prevention/education programs to the individuals and families who come to us for help.

We need to continue to work hard to ensure that all victims of abuse have resources and support available when they need it. We have many challenges ahead. One of our goals is to diversify our funding sources so that we don't need to rely as heavily on government funding. We need to reach out to make First Step better known to all who need our help and to those who wish to donate their time or money to support our work.

First Step is a family. Everyone who comes through our doors is a part of our vision to create peaceful families and safe communities. My greatest admiration and respect go to the survivors who come to us at this most vulnerable time in their lives. I also have profound respect for the staff, board members, volunteers, countless community supporters, and partners who make this mission part of their life's work. Let's keep the positive momentum going as we move forward by supporting one another and recognizing that we are all an important piece of the puzzle.

Together, we'll continue to accomplish great things!



Amy Youngquist  
Chief Executive Officer

# VOLUNTEERS MAKE A DIFFERENCE for the Children at First Step

**-BY SAM S., FIRST STEP CHILDREN'S ADVOCATE**

First Step volunteers work with children in many ways, but one of the most rewarding experiences is what we call nurturing. Nurturing is more than child care for the children whose parents come to First Step for help. Nurturing provides our volunteers with opportunities to get "crafty", play outside games/activities, and be positive role models! We are always looking for individuals that are passionate about working with children and making a difference in their lives.

Tracy Jimenez describes her experience as a First Step nurturer: "I started volunteering with the nurturing program about 6 months ago.



Tracy Jimenez

What I love about nurturing is being able to spend time with this lively group of children. When I see these kids, I am constantly reminded of how resilient children can be, and I look forward to seeing them every week. Last week one of the kids shared a treat with me - a big deal because from what I hear, the popcorn balls are quite popular! Little gestures like that, or a smile, laugh, or hug from one of the kids can make my whole week. Hopefully I am able to put smiles on their faces as much as they do for me. Nurturing is a great way to help out in the shelter if you don't have a ton of time to spare, but still want to help out in any way you can."

If you have any interest in joining our nurturing program, please contact Ilene Hogan at 734-656-0731. We need nurturers to help during the day and also in the evening. Background checks are required and training is provided.

# FIRST STEP PROGRAMS & SERVICES

It occurred to us that many of our regular readers/supporters may not know the depth and breadth of the services First Step provides for survivors of domestic and/or sexual violence.

Here is information about the work of First Step as well as a list of the services we provide each and every day.

Since 1978, First Step has been working for peaceful families and safe communities in Wayne County, Michigan. First Step is the only non-profit agency in out-Wayne County providing comprehensive services for victims of domestic and sexual violence.

First Step provides free and confidential programs designed to help survivors of violence overcome the lack of intervention and support, the feelings of powerlessness, isolation, physical danger and fear; and the financial, emotional and cultural barriers that victims of violence often face when seeking help.

## INFORMATION AND REFERRALS

Providing critical information and referrals regarding housing, legal assistance, counseling, temporary emergency housing, transportation, and health care is a large part of First Step's work.

## CHILDREN'S ADVOCACY AND PREVENTION PROGRAMS

Children ages 3 through 19 are provided individual, family, and group counseling sessions to overcome the effects of witnessing violence in the home and, in some cases, the effects of being victimized directly by physical or sexual abuse. First Step also recognizes the need for fun and recreation. Through volunteers and staff, First Step provides recreational activities such as field trips, craft activities, holiday celebrations, birthday parties and more for the children and adults in our program.

## WHAT MAKES FIRST STEP STAND OUT FROM OTHER COUNSELING PROGRAMS AND SHELTERS?

First Step staff members and volunteers are specially trained to assist and empower survivors of domestic violence, dating violence and sexual assault. First Step staff and volunteers are skilled experts in domestic violence, sexual assault and trauma. They know the laws, have knowledge and experience with the dynamics of these crimes and understand the effects they have on the human spirit.

### FIRST STEP'S MISSION:

THE MISSION OF FIRST STEP IS TO ELIMINATE BOTH DOMESTIC AND SEXUAL VIOLENCE AND TO PROVIDE COMPREHENSIVE SERVICES TO INDIVIDUALS AND FAMILIES IMPACTED BY THESE CRIMES.



## ASSAULT RESPONSE

First Step staff and volunteers, on-call 24 hours a day, 365 days a year, respond to victims of domestic/sexual violence at local emergency rooms, police stations, and schools. Survivors receive immediate crisis intervention, clothing support, safety planning, and links to First Step and other vital services.

## TEMPORARY EMERGENCY HOUSING (SHELTER)

When home is no longer a safe option, First Step provides emergency, short-term housing for victims of domestic and/or sexual violence and their children. Family Advocates work with residents to assist them in meeting their goals. Residents have the opportunity to participate in vital services, such as individual and group counseling, safety planning, medical attention, housing referrals, and educational and recreational activities for children.



## TRANSITIONAL HOUSING

The Transitional Housing Program provides full rent subsidy and support while helping survivors build a credit history and skills to obtain and maintain permanent housing.

## OTHER

First Step provides food, toys, clothing, birthday gifts, gift cards, books, school supplies, diapers, household goods, transportation and many of the other basic needs to help survivors in transition.



## 24-HOUR HELP LINE (1-888-453-5900)

The 24-hour help line is a core service at First Step. For many, it is literally a lifeline. Specially trained First Step staff and volunteers provide crisis intervention, support, information, and safety planning to survivors who call our 24-hour help line.

## COMMUNITY / LEGAL RESPONSE PROJECT

First Step Community Response Project Survivor Advocates help victims who seek help in police departments and courts throughout Wayne County. In several communities, Survivor Advocates work with a designated domestic violence prosecutor and detective to respond to the crimes of domestic and sexual violence. Survivor Advocates contact the victims of these crimes just after the police report is filed. They focus on assessing lethality, making safety plans, and explaining the criminal justice process and the dynamics of domestic and sexual violence for the adults and children involved--throughout the prosecution process. Referrals are also made to other First Step programs, as well as pertinent outside resources. In addition, First Step provides in-court victim advocacy and support through free legal clinics.

## DOMESTIC VIOLENCE AND SEXUAL ASSAULT ADVOCACY PROGRAMS

Individuals and families who live in the community have the opportunity to participate in one-on-one counseling and support groups. Survivors of domestic and sexual violence learn about the dynamics of abuse and how to advocate for their own resources and needs. They are given the space to discuss the emotional impact of their situations. Groups allow survivors to share their stories and find strength in connecting with others, who sometimes become life-long friends.

Nonresidential sessions are available in four sites: Plymouth, Wayne, Lincoln Park and Redford.

## COMMUNITY EDUCATION

First Step believes that prevention is a key component to ending violence in our communities. First Step staff members present to schools, businesses, religious organizations, medical personnel, police officers, and civic groups. Topics range from the effects of violence on children, to dating violence, date rape drugs, domestic/sexual assault myths and facts, and community resources.

# Tale of Women Who Changed the Future for First Step



hope  
is  
real.

This past December, Ilene Zisk Hogan, Associate Director for First Step, opened the mail to find two checks totaling nearly \$180,000. Sadly, these gifts were from women we had never met, and will never, ever get the chance to meet. Joyously, their gifts will make a difference for years to come.

The two generous and unexpected gifts came to First Step because two women wanted to help make the world a safer, more peaceful place. These were women who heard about First Step's efforts to help victims of domestic and sexual violence and decided to put First Step in their wills. Sadly, both women passed away in 2013, but their spirit will live on through their generous gifts.

Though both women left instructions about wanting to remain private, the trustees of their estates both agreed we could share a little bit of information about them to help others understand that helping a cause you are passionate about is not only for the wealthy, it is something each and every one of us can do to have a lasting impact after we leave this life.

Generous Donor A was a politically conservative woman from Farmington Hills who believed passionately in helping women

and children get on their feet. Donor A lived in a tidy condo, simply furnished with lovely things. She donated a percentage of her full estate to First Step along with her car, her furniture, the contents of her home and a percentage of the sale of her condo. She also shared her estate with a few other charities that were important to her: First Step passed her furnishings along to a survivor who was moving into a new home. Her pots, pans, dishes and linens were used in First Step's shelter and also given to families who were starting a new home after leaving the shelter. Her books were put in our library and her office supplies stocked our shelves. The funds donated will be used to provide life-saving services such as shelter, 24-hour help line support, counseling, children's programs and other programs at no charge to individuals and families that need our help.

Generous Donor B had been sending checks to First Step for the last few years. Her friend/trustee of her estate said Donor B met her husband in the war and moved to Michigan to raise a family. She learned about First Step at the Chocolate Affair benefit sponsored by the Ladies Ancient Order of Hibernians. Her trustee said, "The cause of helping First Step help victims of domestic violence was her top priority, and

she placed First Step in a major role in her estate." Funds will again be used to provide free resources and support for victims of violence.

First Step has other examples of people who believed in our mission enough to add First Step to their estate plans. One was a survivor from Riverview, MI, who stayed in our shelter in the 80's. She was a woman of modest means, but owned a home. She left 50% of the proceeds of the sale of her house to First Step to thank us for the help she received in the 1980's.

If you thoughtfully decide to put First Step in your will/estate plan or list First Step as a beneficiary of a life insurance policy or retirement account, please let us know. First Step would like to get to know you, to give you a tour of our new shelter and demonstrate our thanks for your consideration in helping to further our mission. We would like to meet you and work with you while you are here, to understand the way in which you would like your legacy to help victims of violence. We would also like to invite you to our upcoming donor appreciation tea to be held on April 20th.

Please call Theresa Bizoe, Associate Director, at 734-656-0730 for more information.

# SAFETY PLANNING

Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer. First Step can help. Call 1-888-453-5900 if you need help making a safety plan.

## IN AN EMERGENCY

If you are at home and you are being threatened or attacked:

- Stay away from the kitchen (the abuser can find weapons, like knives, there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Get to a room with a phone to call for help; lock the abuser outside if you can
- Call 911 (or your local emergency number) right away for help; get the dispatcher's name
- Think about a neighbor or friend you can run to for help
- If a police officer comes, tell him/her what happened; get his/her name and badge number
- Get medical help if you are hurt
- Take pictures of bruises or injuries
- Call First Step and ask for help making a safety plan

## HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape
- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on
- Pack a bag with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust
- Include cash, car keys and important information such as: court papers, passport or birth certificates, medical records and medicines, immigration papers
- Get an unlisted phone number
- Block caller ID
- Use an answering machine; screen the calls
- Take a good self-defense course

## HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help
- Teach them how to get to safety, to call 911, to give your address and phone number to the police
- Teach them who to call for help
- Tell them to stay out of the kitchen
- Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser
- Make sure the children know who to tell at school if they see the abuser
- Make sure that the school knows not to give your address or phone number to ANYONE

# 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.



## PETSMART SUPPORTS FIRST STEP



South District PetSmart Manager, James Conner, awards Ailsa Blunk, of the First Step ARK (Animals Receiving Kindness) Committee, a check for \$15,000.00. Thanks to all the Michigan PetSmart stores for their support of this endeavor.



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: [www.firststep-mi.org](http://www.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

Phone  
734.416.1111

24-Hour Help Line  
734.722.6800

Toll Free Help Line  
888.453.5900

Fax  
734.416.5555

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