



Through a Child's Eyes THE FIRST STEP CHILDREN'S PROGRAM

For too many children, home is far from a safe haven. Every year, hundreds of millions of children are exposed to domestic violence in their own home.

Witnessing violence has a powerful and profound impact on their lives and their hopes for the future. Children who grow up in violent homes are more likely to become victims of abuse. Even children who are only exposed to domestic violence, and are not direct victims themselves, develop some of the same behavioral and psychological problems as children who are physically abused.

First Step believes that all children have the right to safe and stable home environment. Many children suffer in silence with little support. Children who are exposed to violence in their home need trusted adults to turn to for help and comfort as well as services that will help them cope with their experiences. First Step's children's program provides these important services free of charge, including individual and group counseling. These services assist children in overcoming the trauma of domestic and sexual violence. Last year, First Step provided support to 447 children to help them stay emotionally and physically safe. First Step advocates (counselors) also work with children to explore feelings, develop communication skills, enhance self-esteem and achieve other goals identified through individual and family counseling.

First Step has several underlying principles for our children's program.

First Step believes children need a safe and secure home environment. They should feel safe from harm and know that those they love are also protected.



Every child in First Step's program works to create a personal safety plan so that they will know what to do if violence breaks out in their presence and how to safely reach out for help. Each year, First Step shelters more children than adults in its transitional housing and residential shelter programs.

Children need to know that there are adults who will listen to them, believe them and help them. They need to know they are not alone and the violence they are witnessing or experiencing is not their fault. Our advocates work with children and their parents to reestablish the bond that is often broken between the non-abusive parent and the child. To help with families reconnect and rebuild, First Step offers parenting skill sessions and support groups to assist with this process.

Children need a sense of routine and normalcy. In First Step's shelter and transitional housing programs, advocates help children get enrolled and transported to school, so they do not fall behind. Fun recreational activities are also provided to help children adjust to shelter life. Field trips to the Detroit Zoo, Animal Shelters, Greenfield Village and Imagination Station help children to have fun in a safe space, with trusted adults. It is often hard for traumatized children to be free of worry. Field trips allow them this safe space to be a kid. First Step also has a beautiful playground and healing garden on site. This child-friendly site has play areas for children of all ages and incorporates all the architectural

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Count Me In!

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Having a Birthday?

First Step Wish List

Donate your vehicle to First Step

Planned Giving

Celebrating courage, peace, and hope in the lives of survivors

SAVE THE DATE!

THE HISTORIC

40TH ANNIVERSARY CELEBRATION!



FirstStep
Peaceful Families • Safe Communities



THURSDAY
MAY 10,
2018

6-10:30 pm

YOU ARE INVITED!

Come spend an evening with us transforming our future
and celebrating 40 years of success at First Step!

FOX HILLS GOLF & BANQUET CENTER
8768 N. Territorial Rd., Plymouth, MI

More info and tickets: firststep-mi.org/40



DINNER

ENTERTAINMENT

BRINKS

40th Anniversary Celebration Sponsorship Opportunities

\$50,000 ✿ Exclusive Title Sponsor

Priority seating for 2 tables of 10; One table for 10 for survivors/volunteers/honorees; Special acknowledgment from podium and opportunity to address dinner guests; Full-page color ad on back cover of event program; Pre-event press release; Media communication in print, social media and on First Step's website; 30 drink tickets; Memento giveaways for 20 guests; Opportunity to display corporate banner at event; Centerpiece to sponsor

\$25,000 Presenting Sponsor

Priority seating for one table of 10; One table for 10 survivors/volunteers/honorees; Prominent full-page color ad in event program; Memento giveaways for 10 guests; Media communication on First Step's website, social media and newsletter; 20 drink tickets; Centerpiece to sponsor

*One presenting sponsor reserved by Karen Wilson Smithauer

\$10,000 World Changer Sponsor

Priority seating for one table of 10; Full-page color ad in program; Media communication on First Step's website and newsletter; 20 drink tickets

\$10,000 ✿ Dinner Sponsor

Same benefits as World Changer sponsor; Recognition from podium

\$5,000 Justice Sponsor

Priority seating for one table of 10 guests; ½ page color ad in program; 10 drink tickets; Recognition in printed and social media and website

\$5,000 ✿ Entertainment Sponsor

Sponsor the cost for the band and entertainment for the event; Same benefits as Justice Sponsor plus recognition from the stage

\$2,500 ✿ Toast Sponsor

Sponsor a toast for the First Step family (champagne/sparkling cider); Recognition from podium when toast is made; ½ page color ad in program; 6 event tickets; 12 drink tickets

\$2,500 ✿ Dessert Sponsor

Purchase dessert for attendees; ½ page color ad in program; 6 event tickets; 12 drink tickets; Recognition when dessert is served

\$1,000 ✿ Video Sponsor

Reserved by the Proppe Family.

\$1,000 Courage Sponsor

¼ page ad in event program; 4 event tickets and 8 drink tickets

\$500 Peace Sponsor

Listing in event program; 4 event tickets; 8 drink tickets

\$250 Healing Sponsor

Listing in the event program; 2 dinner tickets; 4 drink tickets

\$50 Event Ticket Dinner; Cash bar

✿ Only one available

Other opportunities:

Business Card Program Ad: \$250

Congratulations message in program (50 char.): \$100

Can't attend but want to help? Consider buying a sponsorship or ad.

Tickets can be donated back to First Step and tickets will be given out to survivors, volunteers and staff who otherwise, could not afford to attend the event.

Thank you



Special Thanks to event chairs Karen Mazo and Joan Hennessey for their leadership on our Strength

Determination and Power Cocktail Hour event. The event netted \$41,637 for First Step.

Special thanks also, to World Changer Sponsor; Karen Wilson Smithbauer and Justice Sponsor; Joan and John Hennessey from Hennessey Engineers.



FIRST STEP PLYMOUTH OFFICE GETS AN EXTREME MAKEOVER

THANKS TO A DONATION FROM THE MARGARET DUNNING FOUNDATION

First Step is pleased to announce that we have been awarded a \$100,000 grant from the Margaret Dunning Foundation to renovate and upgrade the First Step Administrative and Counseling office in Plymouth. Funds will be used to replace the mansard roof and soffits, install a new asphalt parking lot, professionally paint the building exterior, install new security doors and replace the heating and cooling system.

Ilene Hogan, First Step Interim CEO said that "We are thrilled to receive this grant. Our Plymouth office was in need of major repairs. These types of infrastructure improvements are often more challenging to fund than "feel good projects" like a playground or program project. Because of the investment of the Dunning Foundation, First Step's office in Plymouth will look beautiful in the neighborhood and provide a safe and comforting atmosphere for survivors, donors, employees and other community leaders who partner with and support our mission."



Much needed replacement of the First Step parking lot began December, 2017.



The Margaret Dunning Foundation was founded by Ms. Dunning in 1997. The Foundation supports charitable programs primarily in western Wayne County, Michigan, and educational programs focused on the automobile and transportation industries.

For more info, visit firststep-mi.org/40, or contact Theresa Bizoe at 734-656-0730 or tbizoe@firststep-mi.org.

First Step is designated as a 501(c)3 charitable organization under IRS regulations.

A NOTE FROM JENNIFER HARTKE, BOARD PRESIDENT

We have had a leadership change at First Step. Amy Youngquist is no longer serving as First Step's CEO. We are very grateful for Amy's leadership, for her hard work and for the many contributions she has made to First Step over the last 20 years. Amy started her work at First Step in 1998. She has served as a Community Services Specialist, Special Projects Coordinator, Associate Director, Interim Executive Director and Chief Executive Officer. We wish her all the best in her future endeavors.

For information on the CEO position, please visit <http://bit.ly/firststep-ed>



The Staff and Board wish Amy well and thank her for her nearly 20 years of service and dedication to First Step.

The First Step Board of Directors hired an executive search firm and is currently interviewing qualified candidates for the Executive Director position. During this process, Ilene Hogan, Associate Director will serve in the role of Interim CEO (Executive Director). The Board is confident that Ilene, along with all of the dedicated First Step management team and staff, will continue their commitment to the agency and to our clients during this transition period.

THE FIRST STEP CHILDREN'S PROGRAM (CONT.)

features of a hospital healing garden, helping children play and connect with nature.

Children need to learn that domestic violence is wrong. They need practice learning non-violent methods of resolving conflict.

Children have to observe and experience peaceful role models to break the cycle of violence. First Step advocates and volunteers offer counseling/coaching for parents, cooperative play, conflict resolution and serve as peaceful role models.



First Step also offers school-based programs such as Keeping Kids Safe. This award winning, First Step curriculum is designed for 3rd and 4th grade students to learn about domestic violence. At the end of the workshop, children better understand what domestic violence is and that they are never to blame for the violence. During these sessions, children will also learn how to stay safe if they are ever exposed to domestic violence. Each child is given a safety plan worksheet that they can complete with a counselor or trusted adult. Safety plans are developed to be specific to each child's situation.

First Step also offers risk reduction presentations to high school students covering topics such as sexual assault, domestic violence, consent and healthy relationships.

We believe that much can be changed by bringing this problem out into the open and by providing supportive services to children. Together, we can create a brighter and more peaceful future for children who are impacted by domestic violence.

To learn more about our Children's Program, please visit www.firststep-mi.org to learn more or to get involved.

Facts and concepts from this article were sourced from the Unicef report, Behind Closed Doors, The Impact of Domestic Violence on Children.

SAFETY PLANNING FOR CHILDREN



- When a child begins receiving services at First Step, an advocate will create a personal safety plan with the child to address the domestic violence in their home.
- Advocates want to be sure children know that the domestic violence is not their fault and that they will assist them to find ways to stay emotionally and physically safe when there is fighting in their family.
- Each safety plan is catered to that specific child, even children in the same home may have different safety plans from their siblings. The advocates talk to the children about the importance of identifying grown-ups in the child's life that they trust and can go to if they need help or feel unsafe, due to violence. Children often identify a family member such as a grandparent or an aunt or uncle. Children are encouraged to think of three adults in their lives and complete a safety plan about how to contact their support people, where to go if there is any arguing or fighting in their home and identify who they can call in case of an emergency.
- Advocates assist them to identify safe places in their neighborhood to get away from the fighting/arguing. If it is safe to do so, advocates will work with the children to learn their parent's phone numbers and address and emergency numbers should they need to call 911.

FIRST STEP BREAKS GROUND ON RESOURCE CENTER AND FACILITY FOR PETS

On October 13, 2017, First Step held a groundbreaking ceremony for the Animals Receiving Kindness (ARK) and Resource Center.

This new 1,876 square foot building will feature an area for individuals and families in our shelter to house, visit and play with their pets. The building will also have a climate controlled storage area for donations such as diapers, school supplies, backpacks, food, clothing, toys and household goods.

We decided to take on this project because research has shown that perpetrators of domestic violence often have a pattern of abuse involving other members of the household including pets. A study of First Step's helpline confirmed that 50% of survivors seeking shelter were concerned about the safety of their pet. Ailsa Blunk, Chair of the First Step ARK Committee said "We believe this new program will remove a barrier to entering shelter as survivors will no longer be left with the the difficult decision to either leave their pets behind or remain in the abusive environment. The sad fact is that animals who are left with their abusers often face injuries, torture or even death. We also know that having their beloved companion animal nearby will provide comfort to the adults and children in the shelter."

To learn more about the ARK and see the building progress visit facebook.com/firststep-mi



ARK Groundbreaking



ARK Volunteers and Donors



Don and Lakeisha Carey, Chris Egan



State Rep Cara Clemente



Xclusive Elevations



Steppin' Out in Style Event



Doctors Adam and Amanda Apfelblat



Thea Collins, Allstate



TCF Bank Donation



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/donate-fs>

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



At First Step, we understand how important it is to have volunteers on our team! In fact, we rely on you to help us create a strong support system for survivors in our community.

Last year over 600 people stepped up and volunteered at First Step, taking on projects like family fun nights, nurturing, assault response, or providing support to clients involved in the legal system.

What types of opportunities are available?

Project-Based Occasional Volunteer Opportunities

- Individuals, groups, or students fulfilling a school service project are invited to help with projects.
- Plan an activity for current shelter residents such as movies, games, crafts, outdoor or indoor children's activities, hair styling, manicures, makeup, massage, yoga or exercise.
- Organize and clean the shelter playroom, storage, kitchen, dining room or pantry areas.
- Receive and organize donated items.
- Light maintenance or yard work.
- Work in our garden planting, weeding, and harvesting fruits and vegetables.

Consistent Volunteer Opportunities:

- Volunteer on a consistent basis for a direct client service program or general office duties.
- Assault Response, Community Response, Administrative Support, Career Center, Life Skills, Child Mentoring Activities, Reception Desk, Special Projects
- Residential Shelter: Cleaning and Childcare, Cooking Lessons, Homework Assistance, Story Telling, Children and Teen Activities, Wellness and Fitness Activities.

UPCOMING 2018 TRAININGS

FIRST STEP CORE TRAINING:

All trainings are required and are from 9:00am – 3:30pm.

Saturday, January 20

Sunday, January 21

Saturday, January 27

Sunday, January 28

SPECIALIZED TRAINING:

For some of our volunteer positions, a specialty training will be required. Prospective Childcare Volunteers and Assault Response Advocates will be required to attend a specialized training session.

LEGAL:

Tuesday, February 13
5:30pm – 8:45pm

NURTURING:

Thursday, February 8
6:00pm – 7:30pm

ASSAULT RESPONSE:

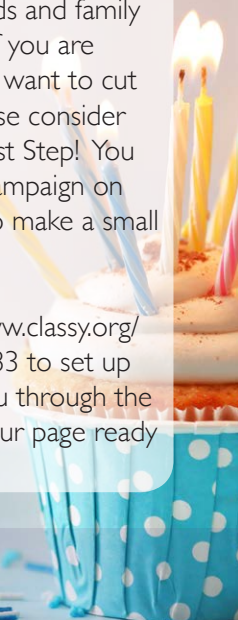
Saturday, February 17
9:00am – 4:00 pm

HAVING A BIRTHDAY?

Make your birthday mean even more!

Birthday's are a time when our friends and family love to be generous and celebrate! If you are having a Birthday party this year and want to cut down on the clutter or calories, please consider dedicating your birthday party to First Step! You can set up your birthday donation campaign on our website and invite your guests to make a small donation in lieu of a birthday gift.

To get started, please visit <https://www.classy.org/campaign/Give-Your-Birthday/c152583> to set up your donation page. We will walk you through the easy step by step process to have your page ready to go in minutes.



Go to firststep-mi.org/getinvolved or call
Kathleen Howard at 734.656.0739 for more info.



FIRST STEP WISHLIST

Here's how you can help

Donations accepted Monday-Friday, 9 A.M. - 4 P.M. at both Plymouth and Wayne locations.

Please consider donating gift cards or the cash value of an item you would like to donate. First Step leverages suppliers to get discounts on food and supplies and your monetary gift may help us cover essential operational expenses such as phone, electricity, heat and counseling. All donations, whether monetary or in-kind, help First Step in our mission to create peaceful families and safe communities. Thank you. Your support is appreciated.

GIFT CARD NEEDS

Kroger, Walmart, Meijer
Gas cards
Drug stores

PERSONAL CARE ITEMS (FULL-SIZE)

Hair care products (shampoo/conditioner)
Hair care products for women of color
Hair brushes
Wide-tooth combs
Body wash
Hand and body lotion
Deodorant
Hand sanitizer
Feminine hygiene products

CLOTHING ITEMS (NEW)

Sweats
Underwear/bras
Socks (women & children)
Gloves/hats/outerwear

BABY ITEMS

Baby bottles (standard size 8 & larger)
Diapers (sizes 4, 5 & 6)
Pull ups
Baby wipes
New clothes
Diaper rash cream

FOOD & DRINKS

Food storage containers/bags
Cold cereals
Canned goods (soups, vegetables, etc.)
Juice
Hot chocolate
Coffee

BEDROOM ITEMS (NEW)

Bath and hand towels
Wash cloths
Twin blankets
Twin sheet sets
Pillows

KITCHEN SUPPLIES

Cleaning Supplies
Liquid dish soap
Garbage bags
Disinfectant wipes
Laundry soap
Aluminum foil
Dishes, pots, pans & skillets

BATHROOM ITEMS

Toilet paper
Bath mats
Toilet bowl cleaner
Shower curtains & liners/hooks
Cleaning supplies

PAPER PRODUCTS

Paper towel
Paper plates & bowls
Plastic silverware & cups
Kleenex

MISCELLANEOUS

Laundry baskets
Storage containers w/lids

PROVIDE FINANCIAL SUPPORT

Cash donations of any amount are always the most efficient way to support the free services offered by First Step to families affected by violence.

Download our complete Wish List at firststep-mi.org

Please note: We are unable to accept used toys or used clothing due to lack of storage. We will be happy to refer you to the clothing banks we use to donate these items. Thank you for your understanding!

First Step is a 501(c)3 nonprofit organization. Your donation may be tax deductible to the extent allowable by law. Your contribution may qualify for a federal tax deduction.

For more information, or to discuss donating larger items, call 734-713-0652 or email info@firststep-mi.org

CONSIDER DONATING A VEHICLE TO FIRST STEP



To learn more about the donation process or to get started please call 855.500.RIDE (7433) or visit First Step's car donation site at:

<http://bit.ly/FSDonateCar>

PLANNED GIVING



ANY SIZED PLANNED GIFT CAN MAKE AN ENORMOUS DIFFERENCE!

For further information or to receive our planned giving brochure, please contact Theresa Bizoe at tbizoe@firststep-mi.org or 734.656.0730.

Find more info at www.firststep-mi.org/donate



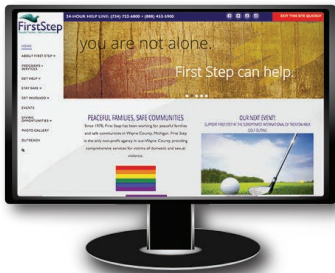
ABOUT FIRST STEP

First Step is an agency in Wayne County, Michigan that provides comprehensive services to support survivors 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.

CHECK OUT OUR WEBSITE!

www.firststep-mi.org



 **HOPELINE**
from Verizon

We would like to thank Verizon for sponsoring the publication and distribution of First Step's newsletter.

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

24-Hour Help Line
734.722.6800

Online
firststep-mi.org
facebook.com/firststepmi

