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- Running Virtually in Honor of Sexual Assault Awareness Month
- Keeping Our Children Safe in Honor of Child Abuse Prevention Month
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**Duck Race Kickoff Party | 6/4**

Join CFPA at Kelleher’s Irish Pub & Eatery at 619 SW Water St, Peoria, IL 61602 on Thursday, June 4 from 6:00–9:00 p.m. for the annual Duck Race Kickoff Party. Kelleher’s will close down a block on Water Street for the duration of the outdoor event. Ducks are available for adoption beginning at the kickoff party and will be “buy one, get one free” while supplies last that evening. The event will feature an appearance and photo opportunity with the Duck Race mascot, Quacky. Race and CFPA merchandise will be on sale, and snacks and drinks will also be available for purchase. This event is pending COVID-19 and may be postponed, cancelled, or adjusted at the recommendation of Governor Pritzker, the Illinois Department of Public Health, and the CDC.

**32nd Annual Duck Race | 8/29**

The Duck Race is CFPA’s signature fundraiser and the success of the race is essential in raising funds to help all people live free from violence and abuse. CFPA’s Duck Race is the longest running Duck Race in history and this year, we celebrate the 32nd anniversary. On August 29, we will once again have 30,000 rubber ducks race down a giant water slide at EastSide Centre in East Peoria and the first 15 ducks to cross the finish line win a prize for its owner. Prizes range from a $10,000 cash grand prize, to travel packages, fine jewelry, gift cards, technology, and more. Ducks are available for purchase beginning early June. Stay tuned for more information. This event is pending COVID-19 and may be postponed, cancelled, or adjusted at the recommendation of Governor Pritzker, the Illinois Department of Public Health, and the CDC.

**Annual Fish Fry to Benefit the Carol House of Hope | TBA**

Join CFPA at the Moose Lodge at 2605 Broadway St, Pekin, IL 61554 for the annual Fish Fry to benefit the Carol House of Hope, CFPA’s emergency shelter in Pekin. The event features a 50/50 raffle, silent auction items, and a delicious meal of fried fish and fries, prepared by the Moose Lodge. Kids meal of a hot dog with fries is available. Purchase tickets at the door by cash or check, $10 for adults, $5 for kids. Date TBA.

**In Peace,**

Carol Merna
Chief Executive Officer
Trauma Therapy at CFPA
By: Lauren Auer, Clinical Director

The CFPA therapy department has ten master’s level therapists who approach trauma therapy in a variety of ways. We pride ourselves on meeting our clients where they are and providing an approach that they will best respond to in order for them to experience healing in their own way and in their own time. A few of the many types of therapies we provide are art therapy, play therapy, and EMDR (eye movement desensitization and reprocessing).

Art Therapy
Art therapy utilizes creative expression as a way of processing trauma. It is not uncommon for clients of all ages, who have experienced trauma, to have a hard time putting words to their feelings. CFPA therapist, Stephanie Weir, has been trained to utilize art therapy with clients. Recently, she had the opportunity to work with a client who had experienced sexual violence and was having a hard time processing her experience through traditional therapy. Stephanie accomplished an art therapy project with the survivor, utilizing dripping paint onto a canvas. The client found this exercise calming and was able to gain a personal awareness of her desire for control, opening the door to help her process her trauma more fully.

Play Therapy
Play therapy is especially impactful for young children that have a hard time verbally expressing their emotions and experiences. Shannon Erdmann, CFPA therapist, who works exclusively with children, has seen great success with this approach. Shannon recently used a therapeutic board game about sexual abuse during a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered. Shannon recently used a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered. Shannon recently used a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered. Shannon recently used a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered. Shannon recently used a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered. Shannon recently used a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered. Shannon recently used a therapy session with a ten-year-old client who was having a hard time talking about the trauma he suffered. The board game was designed to ask general questions about sexual abuse, rather than personal questions having a hard time talking about the trauma he suffered.

EMDR
EMDR is a type of therapy proven to reduce symptoms related to trauma and other disorders similar to post-traumatic symptoms. In EMDR therapy, the therapist guides the client using bilateral stimulation through eye movements, tactile sensations, auditory tones, or any combination of the three while the client recalls a disturbing memory. EMDR has a direct effect on the way the brain processes information, releasing emotional experiences that are trapped in the nervous system. These experiences are then reprocessed into resolved, peaceful feelings. It’s as though the negative feelings and thoughts connected to the painful memory are neutralized, no longer holding power over that person. At CFPA, we currently have four therapists trained in EMDR, and collectively, we work with both children and adults. Teresa Markum, CFPA’s Therapy Supervisor, utilized EMDR with a client who had experienced a ten-year abusive marriage and had high levels of anxiety. Through this process, her symptoms decreased dramatically, which allowed her to better manage her school and work situations. EMDR has high levels of success that can often be accomplished in much less time than traditional talk therapy.

Each client at CFPA is unique and each of their stories are their own. Healing from trauma looks different for everyone and we are proud to be able to find each clients’ unique healing paths alongside them.

Keeping Our Children Safe
By: Laura Kawalske, Director of Prevention Education

Did you know...

90% of child sexual abuse victims know their abuser

Given these statistics, how do we help keep children safe from child sexual abuse and minimize opportunity for perpetrators?

As the trusted adults in our children’s lives we can:

- Discuss the Body Safety Rules
  - Say “No!” – in a strong, assertive voice
  - Get Away – to a safe space where others can help
  - Tell Someone – a safe, trusted adult
  - Be Believed – keep telling trusted adults until someone helps
- Share the Private Body Parts Rule
  - No one should ask us to see or touch the areas of our body covered by our swimsuit unless they are helping us be CLEAN or HEALTHY.
  - No one should ask us to see or touch the areas of their body where their swimsuit covers.
- Understand that abusers often become friendly with potential victims and their families, enjoying family activities, earning trust, and gaining time alone with children. This process, called “grooming”, is a tactic used by many abusers.
- Monitor your child’s internet use. The internet is often a tool abusers use to lure children.
- Foster open communication with your child. Abusers usually tell their victims to keep what is happening to them a secret. Creating a safe and open environment will help your child feel comfortable disclosing if abuse occurs.

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During the 2018-19 school year, prevention educators completed 965 PreventEd: Sexual Abuse presentations to 22,962 students in the Tri-County Area. Our goal is to ensure all children are empowered with the knowledge and tools they need to keep themselves safe from abuse and know, if it happens to them, how to get help.

The theme for this year’s Child Abuse Prevention Month Toolkit is “Little Voices: Starting the Conversation about Child Abuse.” Download the toolkit by visiting centerforpreventionofabuse.org under the Prevention Education tab.

For more information about CFPA’s Prevention Education programming, please email PreventEd@centerforpreventionofabuse.org.

Remarkable Woman of the Year

Congratulations to our CEO, Carol Merna, for winning the Remarkable Woman of the Year Award in Central Illinois from WMBD and NexStar Broadcasting. We are so thankful for her leadership, guidance, and commitment to building a safe and peaceful community for all!
“I Run with Survivors” Virtual 5K run/1 mile walk in honor of Sexual Assault Awareness Month

In lieu of a formal gathering this year, at the recommendation of the Illinois Department of Public Health, the CDC, and Governor Pritzker, CFPA hosted a virtual event to help raise funds in honor of Sexual Assault Awareness Month. Supporters from all over the county virtually showed their support for survivors of sexual assault while adhering to social distancing guidelines in the comfort and safety of their own home.

We asked participants to post on their social media, tag us, and utilize #iRunwithSurvivorsAtHome to demonstrate how they believe and support survivors in their community.
$5 could provide personal hygiene products for one person staying in our emergency shelter
$10 could provide fresh produce for a week’s worth of healthy meals for a family in our emergency shelter
$25 could provide a gas card to help outreach clients get to and from appointments with our counselors
$50 could help survivors afford their monthly medications
$100 could cover the cost of one hour-long classroom presentation on violence prevention education
$350 could cover the cost of our 24/7 crisis hotline operation for one day
$500 could provide funding for an Adult Protective Services caseworker to investigate possible abuse in the home of an elderly individual
$1,000 could provide six hours of language translation for a trafficking survivor whose native language is not English
$2,500 could provide one month in safe shelter for an individual fleeing a violent or abusive situation
$5,000 could provide two months of therapy for one sexual assault survivor
$10,000 could cover the cost of Safe From the Start for one month, a violence intervention program for children ages 0–5 who have witnessed or experienced an act of violence at home or in the community

Give the gift of peace today by making a monetary donation. Donations can be designated to specific services or as a general donation.

Honorariums and Memorials
Honorary mentions may be made to celebrate a special occasion and memorials may be given to acknowledge a lost friend or loved one.

Stock, Real Estate, and Insurance Policies
Donations can be made in the form of capital assets.

Donations that Leave a Legacy
Remembering CFPA in your estate plans can save and change lives for many years to come. A bequest can be designated to a certain program of CFPA or used at CFPA’s discretion. However, if a donor wishes, a bequest can be designated to one of two endowment funds. The Slane Endowment Fund supports the general operations of CFPA, and the McKee Endowment Fund supports the Prevention Education Program.

For more information about monetary donations, honorariums, memorials, capital assets, and legacy donations, please call 309-691-0551.

Donation ideas:

- **Personal hygiene products** for one person staying in our emergency shelter
- **Fresh produce** for a week’s worth of healthy meals for a family in our emergency shelter
- **Gas cards** to help outreach clients get to and from appointments with our counselors
- **Monthly medications** for one sexual assault survivor
- **Language translation** for a trafficking survivor whose native language is not English
- **A month in safe shelter** for an individual fleeing a violent or abusive situation
- **Two months of therapy** for a sexual assault survivor
- **Safe From the Start** for one month, a violence intervention program for children ages 0–5

We thank you for your understanding and patience with us during this unforeseen circumstance. All conference fees will receive a full refund of their conference registration fee.

For more information, please visit www.light2020conference.com.
JOIN US ON RACE DAY!
SATURDAY, AUGUST 29th

FUN STARTS AT 4:00 PM
RACE STARTS AT 6:00 PM
ENTER FOR YOUR CHANCE TO WIN AT DUCKRACEPEORIA.COM

$10,000 GRAND PRIZE
DUCKS GO ON SALE JUNE 4th!

32nd Annual
DUCK RACE
Benefitting center for prevention of abuse.

Calling all parents and caregivers!
The Prevention Education team at CFPA put together a toolkit full of free at-home activities to help stimulate social and emotional growth for K–8th grade. This toolkit covers topic areas including cultivating respect and kindness, understanding empathy, and developing emotion management skills. The activities are great ways to fill spare time during remote-learning, social distancing, and staying safe and healthy at home.

Social and Emotional Learning Toolkit
Download the toolkit at centerforpreventionofabuse.org under the Prevention Education tab.
Meet Julie Boland, who has more than 33 years of service and has held several positions at CFPA and now serves as the agency’s Director of Sexual Assault and Advocacy Services. Design and Communications Coordinator, Clayton Frankel, sat down with Julie to get a glimpse into her work at CFPA.

Clayton Frankel (CF): When did you start working for CFPA? Can you give us an overview of the positions you’ve held over the years?

Julie Boland (JB): I began working at CFPA in 1986 as a Domestic Violence Caseworker, and have held many positions during my time here, including Court Advocate, Legal Advocate, Medical and Legal Advocacy Coordinator, and Sexual Assault Counselor. I held the latter position for nearly nine years. It was personally challenging to hear numerous accounts of unspeakable abuse and violence to survivors, but it was remarkable to visibly see a difference in a person’s demeanor from the time they came in the door to the time they left. My next role was Director of the Sexual Assault Program, and I also supervised additional programs of the Family Violence Intervention Project, the Court Advocacy Programs, and Step Up, a pilot program for families where a teen had been abusive in the home. Following some restructuring of my duties, I was led to my current role of Director of Sexual Assault and Advocacy Services. In this role, I continue to oversee the Sexual Assault Program, the Court Advocacy Programs, and our Medical Advocacy Program.

CF: What are your favorite things about working at CFPA?

JB: I continue to learn something new every day. This work allows us to make a difference in someone’s life every day. Our agency is a great agent of change. I appreciate the culture of the agency which allows for “family first”, encourages self-care, and recognizes the strength and value of all staff members.

CF: Any milestones you are particularly proud of, for yourself or the agency?

JB: I am proud to have been a part of CFPA for such a long time, although it doesn’t feel like it has been nearly 34 years. I am also very proud to be a part of the leadership team for the agency. It is so gratifying to share the table with a team of individuals who share the same vision and mission.

CF: Do you have a personal philosophy to guide you through your advocacy work?

JB: My personal philosophy is to support and advocate for survivors in every way possible, to the greatest lengths possible. I am also very proud to be a part of the leadership team for the agency. It is so gratifying to share the table with a team of individuals who share the same vision and mission.

CF: Do you have a personal philosophy to guide you through your advocacy work?

JB: My personal philosophy is to support and advocate for survivors in every way possible, to the greatest lengths possible, and then to do the same for the incredible staff who are doing this difficult work.

CF: Outside of work, what do you like to do when you have some free time?

JB: I love shopping for a really great deal (TJ Maxx, Marshall’s, and Home Goods, I will see you soon!). I enjoy wandering through flea markets and estate sales, and sitting near a good campfire. When seeking self-care, I love nature, massages, and treating myself to a pedicure. And of course, most importantly, spending time with the people that I love.

volunteer spotlight.

Rita Rowley is a proud volunteer of three years at CFPA. Being retired, she is blessed to have the time and energy to help out when needed. Rita states, “The appreciation I receive and the friends I have made are wonderful.” She believes in CFPA’s mission to help all people live free from violence and abuse and has learned so much along her volunteering journey. Her favorite event to help out is CFPA’s Annual Duck Race. Because of her volunteering at our signature fundraiser, Rita claims, “I now know how to twirl cotton candy!” Outside of volunteering, Rita enjoys being a grandma, gardening, music, and travel.

Thank you Rita for your service at CFPA! Your dedication to our mission and community is greatly appreciated!

If you are interested in becoming a volunteer for the Center for Prevention of Abuse, please contact Kelly Ward at 309-691-0551.

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donation spotlight.

left: Thank you to Amy and Rick Hutchison from Rick’s Crispy Chicken for donating and delivering individual meals for CFPA staff and clients on Easter Sunday!

above left: Thank you to the girls of Alpha Chi Omega for hand-made blankets for shelter clients at CFPA!

above right: Thank you to Zion Coffee Co. for donations of coffee to CFPA shelter staff who are still on-site to serve our clients!

above: Thank you to members of Rotary Club of Peoria-North for donating their meals to CFPA shelter residents while Rotary’s weekly meetings were postponed. The lunches were put together and delivered with a no-contact and safe drop-off by Barracks Hospitality Group Banquet Center & Catering.

left: Thank you to Pastor Joe Hawkins and Associate Pastor Angela Hawkins from Oasis Church in Peoria for the generous donation of paper and cleaning products!

For the safety of all of our staff and clients, we are temporarily pausing the acceptance of non-monetary donations until further notice, unless prior arrangements have been made. We thank you for thinking of us and are grateful for your generosity and continued support of our agency. If you feel so moved to support our agency during this time, you’re welcome to make a monetary contribution at centerforpreventionofabuse.org.

If your organization, business, club, or group is interested in doing a food or donation drive to benefit CFPA, please call Kelly Ward at 309-691-0551 to find out about our immediate or mass donation needs.

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December 1, 2019 – February 29, 2020

The Rotary Club of North Peoria awarded CFPA a grant for client care kits.

Thank You!

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