Fall 2020

IN THE MIDST OF A PANDemic

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NOW AVAILABLE!
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A BOOK ABOUT BOUNDARIES, SAFE TOUCHES, AND CHILD SEXUAL ABUSE PREVENTION

WRITTEN AND ILLUSTRATED BY THE CENTER FOR PREVENTION OF ABUSE
Adopt Our Families

Spread holiday cheer by adopting a CFPA family during the holiday season. Each year, generous members of our community purchase gifts for families served by CFPA who are in need. A “family” might be a single person, a senior, a parent/guardian with children, or others. Donors can indicate the size of family for whom they would like to purchase gifts and help. Donations of gift bags, wrapping paper, tissue paper, and other wrapping items are greatly appreciated. If you would like to contribute this season or would like more information, please contact Celsy Young by November 6 at cyoung@centerforpreventionofabuse.org. Keep an eye on our website and social media for updates!

I Run With Survivors 5K/1 Mile Walk | 4/10

Join CFPA on Saturday, April 10, 2021 in the Levee District in East Peoria for the fourth annual “I Run With Survivors” 5K run/1 mile walk in honor of April as Sexual Assault Awareness Month. All ages are invited to participate and the course is stroller, wheelchair, and pet friendly. The race begins at 8:00 a.m. Registration will open in February. If you are interested in sponsoring the event, please reach out to Celsy Young at 309-691-0551 or cyoung@centerforpreventionofabuse.org.

Light 2021 | 5/11 – 5/13

This spring, CFPA is hosting “Light 2021: A Multistate Educational Conference on Human Trafficking” as a virtual event. Light will bring together experts and industry leaders to share best practices, campaigns and technology, preventative efforts, survivor care, and strategies to help prevent, combat, and respond to the human trafficking crisis. CFPA will also offer a free community information night on the basics of human trafficking and how CFPA is helping locally on May 11, 2021. Stay tuned for more details!
Domestic Violence Awareness Month: In the Midst of a Pandemic

By: Fran Reyes, Director of Domestic Violence Family Centered Services

35,127 . . . The number of calls placed to the National Domestic Violence Hotline each and every month. More specifically, in the last fiscal year alone, the Center for Prevention of Abuse provided more than 10,000 nights of safe shelter to individuals fleeing unsafe situations within our local communities. This is the highest number of nights of shelter provided on record for CFPA. These startling statistics not only highlight the tireless efforts of our agency, but more importantly, signify the unfortunate reality that domestic violence is an inescapable truth for so many individuals throughout Central Illinois and beyond. Sadly, the current COVID-19 pandemic only heightens the volatile environment for which domestic violence is bred, oftentimes at alarmingly higher rates and with increased severity. Since the beginning of the pandemic, domestic violence arrests have gone up substantially, signaling another problem alongside the national health crisis.

A pattern of behavior used to establish power and control over another person through fear and intimidation, domestic violence is a learned behavior that encapsulates violent and coercive tactics to establish extreme power and control. The perpetrator chooses to use abuse as a means to get what they want. The abuse is even more effective when the victim has no opportunity to leave the situation because they stay home to keep themselves and their families safe during the pandemic by following state guidelines. It is very common for abusers to isolate their victims and remove them from any and all avenues of support, something in which stay-in-place orders help fuel.

The mix of instability coupled with being in quarantine due to the COVID-19 crisis, creates a seemingly “perfect storm” of fear, helplessness, and life-threatening situations. While it is crucial for victims to plan out their safe escape from an abuser, being stuck at home during a pandemic makes that escape virtually impossible.

October is Domestic Violence Awareness Month, and with that we ask now, more than ever, to support those you may know who are affected by domestic violence. Listen, believe, and provide support. As an added symbol of solidarity, consider wearing purple to show your willingness to play a part in bringing peace and speaking up for so many of those who have no voice.

If you or someone you know is a victim of domestic violence, please call 1-800-559SAFE (7233).

Bullying Prevention Month: Cyberbullying

By: Laura Kowalske, Director of Prevention Services

Technology . . . love it or hate it – we depend on it. Never has that statement been truer as we now rely on technology to order groceries and other goods, work from home, teach our children, and keep in touch with one another. While technology is a valuable and useful tool for everyday living, it can also be a weapon in the hands of a person wishing to cause harm.

As children’s screen time increases, so may their chances of encountering cyberbullying. Cyberbullying is threatening, humiliating, harassing, or intimidating another person via technology. Social media posts, cell phone texts/messages, email, instant messaging, blogs, gaming sites, and classroom private chat functions are just some of the ways a child may encounter cyberbullying.

So how do you avoid cyberbullying?

• Limit screen time
  Author Anne LaMott quipped, “Almost everything will work again if you unplug it for a few minutes, including you.” Challenge your child to think about what would happen if they set aside time each day to step away from all technology. Limiting technology time can have great benefits. The Mayo Clinic found the health benefits of limiting screen time include:
  • Improved physical health
  • Decreased obesity
  • Increased time to try new activities
  • Improved mood
  • Enhanced relationships

• Don’t share personal information
  Passwords, personal identifying information, and geographic location should all be information kept private. Review your child’s social media account to ensure privacy settings are adequate.

• Never open unidentified or unsolicited messages or click automatically on links. (Look for “https” or a picture of a lock indicating a secure site.)
  If it happens, how do you stop cyberbullying?

• Do not respond or forward messages. Block the person and resist the urge to respond.

• Document
  Save harassing, threatening, bullying or sexually inappropriate messages with date and time. Screenshot or print it to document.

• Report the activity to a trusted adult right away
  This year, the Prevention Education team created a Bullying Prevention Awareness Month toolkit entitled KindSite 2020. The toolkit has additional information, age-appropriate activities, and resources available for use within families and classrooms focused on promoting kindness and preventing bullying and cyberbullying. To access the toolkit, please visit centerforpreventionofabuse.org.
Thank you to our sponsors and everyone who adopted a duck to help support the 32nd Annual Duck Race! This year's Duck Race was very unique considering the COVID-19 pandemic, but thanks to our great friends at WMBD/WYZZ, we were able to hold a televised raffle to announce the grand prize winner live on their news broadcast! Thanks to our generous sponsors and supporters, 100% of the proceeds from duck sales go directly toward client services and help us continue to build a safe and peaceful community. See you in 2021!

**Thank you to our sponsors**

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**15 Prizes Won**

**30,000 Ducks Sold**

**$188,000 Raised**

**Congratulations to our “Lucky Duck” Winners!**

$10,000 Grand Prize (sponsored by Associated Bank) – Marie Berner, Oak Forest, IL

$5,000 – Terry Randolph, Peoria, IL

Travel Package (Away luggage + $1,000 cash) – Mark Hanner, Otisville, MI

iRobot and Vacuum Bundle – David Horton, East Peoria, IL

Green Egg Grill – Stuart Pearson, Arizona City, AZ

Family Outdoor Theater Projection Kit – Shelly Gobert, Bartonville, IL

Date Night Package (local steakhouse tour and an overnight stay for two) – Cathy McNeil, Dunlap, IL

KitchenAid Mixer (sponsored by Excalibur Seasoning) – Marie Arendell, Morton, IL

Nintendo Switch (sponsored by Getz Fire Equipment) – Jill Koch, Jackson, WI

Support Local, Shop Local Bundle (sponsored by Kreigsman Warehouses; gift cards for Greater Peoria restaurants and shops, $250 value) – Karalyn Yermak, Farmington, MI

Tailgate Package (sponsored by Ray Dennison Chevrolet; canopy, cooler, chairs) – Cora Lynn Green, Peoria, IL

1-Year Red Carpet Cleaning Service – David Altorf, Peoria, IL

Apple Watch Series 3 (sponsored by Mike Murphy Ford) – Barbara Gurtler, Peoria, IL

$100 Kroger Gift Card (sponsored by Menold Construction and Restoration) – Kevin Dearing, Peoria, IL

Gone Axe Throwing/Gone in 60 Escape Room Package – Nancy Snowden, Peoria, IL
At the Center for Prevention of Abuse, we are so thankful for the community support received through donations. We want you to know exactly where your money goes and how it impacts the lives of all who come to us seeking peace.

$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
Honorariums 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 McPheeters 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.

CFPA is proud and excited to reveal its children’s book, *Sis & Me: Down by the Sea*, a book about boundaries, safe touches, and child sexual abuse prevention.

*Sis & Me: Down by the Sea* is a tale that teaches young children about body safety. As Sister and Brother enjoy a day at the beach, they encounter a variety of friends who help them learn about safe and unsafe touches, consent, and boundaries. While on their ocean adventure, they learn four important body safety rules: Say No, Get Away, Tell Someone, and Be Believed.

1 in 4 females and 1 in 6 males experience sexual abuse before their 18th birthday. We hope this story helps you begin the conversation with children about ways to keep their bodies safe. The “Resources After Reading” section of this book provide caregivers with additional ways to keep the conversation going. For more activities, information, and to download the *Sis & Me* digital toolkit, please visit www.centerforpreventionofabuse.org/sisandme.

A portion of the proceeds from this book benefit the Center for Prevention of Abuse’s mission to help all people live free from violence and abuse.

**AVAILABLE ONLINE HERE:**

[amazon](https://www.amazon.com/Sis-Me-Down-ABUSE/dp/B087JW75B6)  
[BOOKS & NOBLE](https://www.barnesandnoble.com/w/sis-me-down-by-the-sea-center-for-prevention-of-abuse/1128927447)  

or by visiting centerforpreventionofabuse.org/sisandme
Congratulations to our Chief Executive Officer, Carol Merna, on being named this year’s 40 Leaders Alumnus of the Year by Peoria Magazines! We are so thankful for her leadership and guidance she provides both inside and outside our agency!

40 Leaders Alumnus of the Year

Fresh meat, eggs, milk, and fresh produce
Canned tuna and chicken
Coffee, cream, and sugar
Oatmeal
Microwavable rice, pasta, and other sides
Peanut butter and jelly
Bottled water and juice boxes
Cereals, granola bars, Pop-Tarts
Healthy snack items for children
Canned fruits and vegetables
Canned soups, stews, and pastas
Packaged socks and underwear (new)
Deodorant
Shaving cream – women’s and men’s
Full-sized toiletries
Toothpaste, toothbrushes
Fabric softener
Baby formula
Baby wipes
Paper towels and toilet paper
Dish and hand soap
Assorted sizes of Ziploc bags
Full-size hand sanitizer
Cling wrap, wax paper, and aluminum foil
Cotton swabs
Large garbage bags
New or gently used umbrellas

Medical Advocates
When someone presents as a victim of domestic violence or sexual abuse/assault in local emergency departments, the hospital calls CFPA for a medical advocate. Our medical advocates go to the hospital to assist with the individual’s immediate needs and provide information about their rights as a victim. CFPA is currently in need of second and third shift volunteers.

CFPA is honored to receive a $758,920 grant from the Department of Justice toward its Human Trafficking Services department. As the lead victim-service agency in the Central Illinois Human Trafficking Task Force, this three-year grant, received in partnership with the Illinois State Police, will help expand CFPA’s work, providing trauma-informed and comprehensive services for survivors of both labor and sex trafficking, as well as fund important education, prevention efforts, and crucial partnerships.

The purpose of this program is to develop, expand, or strengthen victim service programs for victims of human trafficking, to include enhancing the capacity of law enforcement and other stakeholders to identify victims and provide justice for those victims through the investigation and prosecution of their traffickers.

The Task Force will focus on: the development of interagency partnerships; additional professional trainings and public awareness; increased, comprehensive, trauma-informed victim services; support for local, state, and federal law enforcement; coordinated data collection and reporting system to track victims and offenders; and strategic victim identification to better equip the region to identify and respond to the crime and crisis of human trafficking.

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Thank you to everyone who joined us curbside on Friday, October 2, for this year’s Fish Fry to benefit our Pekin shelter, the Carol House of Hope, in honor of Domestic Violence Awareness Month! We hope you enjoyed your fried fish from the Moose Lodge and the thumbprint cookies from The Sweet Bean Coffee & Treats!

Last year, the Carol House of Hope provided 2,372 nights of safe shelter for women and children fleeing domestic violence in Tazewell and Woodford counties. Thanks to you, their services were 100% free as they sought a more peaceful life.

Thank you, from all of us at CFPA, for helping us build a safe and peaceful community.
Fran Reyes

Director of Domestic Violence Family Centered Services

Meet Fran Reyes, who has worked in CFPA’s Domestic Violence department for more than ten years. Design and Communications Coordinator, Clayton Frankel, sat down with Fran 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?

Fran Reyes (FR): I started to work for CFPA in June of 2010. All of my time at CFPA has been in the Domestic Violence department. When I started over a decade ago, I was a Domestic Violence Caseworker in the shelter. A few years later, I became the supervisor of the Canal House of Hope in Pekin. After almost a year at CHOH, I became the Residential Services Supervisor for both the Peoria and Pekin shelters. At the end of 2017, I became the Director of Domestic Violence Family Centered Services, which is the position I currently hold.

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

FR: My favorite thing about working at CFPA is witnessing first-hand all of the growth our clients make, knowing we played a part in their ability to achieve personal peace. I also love working in an environment that truly feels like a family. I work amongst some of the most compassionate and selfless individuals, and for that, I feel blessed!

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

FR: Over the last few years, both of our emergency shelters have seen increases in requests. These requests have led to record-breaking total nights of safe shelter provided to individuals needing safety within our community. I am very proud of my staff who have embraced this new “normal” and continue to provide the effective services to all those we serve.

CF: Do you have a personal philosophy to guide you through your work to combat domestic violence?

FR: My personal philosophy for my work in ending domestic violence comes from one of my first supervisors at CFPA. I remember being told that this work would not be possible every day if we did not believe in the power of change. I practice this philosophy in my work and truly believe that people can change; individuals can alter any behavior if given the proper tools and support.

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

FR: Outside of work, my husband and I are busy with our three boys who keep us very active! I also enjoy spending lots of time with my family and my twin sister, who live a few hours up north.

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CFPA was given a $5,000 grant totaling $76,500 from the Caterpillar Foundation of Central Illinois for PreventEd: Relationship Abuse Programming. The Community Foundation of Central Illinois provided CFPA with funding to go toward electrostatic disinfecting sprayer for abuse center of June 1, 2020 – August 31, 2020.

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June 1, 2020 – August 31, 2020

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