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WINNER!

2020 BEST OF THE BEST
Peoria’s Original Community’s Choice Award

Journal Star Media
CELEBRATING 5 YEARS

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

Join CFPA on Saturday, April 10, 2021 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 a virtual option will be available for all CFPA supporters! More details to come about this event. 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 | 5/12 – 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. Visit www.centerforpreventionofabuse.org/conference for more information.

33rd Annual Duck Race | 8/28

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 33rd anniversary. On August 28, we will once again have 30,000 rubber ducks “race,” whether it is in person down a giant water slide at EastSide Centre in East Peoria or in a raffle, and the first 15 ducks to cross the finish line win a prize for its owner. Prizes range from a cash grand prize, to travel packages, fine jewelry, gift cards, technology, and more. Ducks are available for purchase beginning in June. Stay tuned for more information!
Our elevator is broken.

If you have ever visited the Center for Prevention of Abuse headquarters on Joan Court in Peoria, you know the make-up of our sprawling, two-story main campus. The original emergency shelter was built in 1982 and the two-story addition was built about 20 years after that. The upper floor is where you will find my desk and our other administrative offices, but also the offices for CFPA’s free and confidential therapy services for all ages, an important training room, and our Prevention Education Department where you will find our preventionists who teach thousands of young people about keeping their bodies safe. That building addition to the original construction also includes our only elevator which is central to the whole building. That elevator is just worn-out. It has been out of service for far too many weeks as our vendor has worked industriously to reconstruct now obsolete parts and pieces. The fact is, the elevator must be completely remanufactured, which is a costly proposition that nears six figures.

As I weigh this necessary expense against our agency’s budget, I chalk it up to the ups and downs that represented 2020. For most, when the clock struck midnight on December 31, there was a jubilant celebration, not so much to welcome 2021, but to say goodbye to 2020. Some days, the year seemed to have far more downs than ups. Yet, the team at CFPA has successfully met each challenge head on, and we are still going strong.

Regardless of how each of us experienced 2020, we all have something to be grateful for, including our ability to roll with the changes -- the downs and the ups. The CFPA team has made all necessary adjustments to fulfill our agency’s mission and serve those who need us during a very unusual and often turbulent time. As I have often said this past year, abuse did not stop just because the rest of the world did. CFPA remained open and completely available for those who have experienced unspeakable trauma and frightening and debilitating abuse. We feel thankful that when our agency’s 1099 rolls out, our supporters will see that an impressive 90 cents of every dollar donated still goes directly to client care. We feel humbled by the support we received throughout 2020, the love we felt, the lessons we learned, and the people who were there when we needed them most. And, when we feel gratitude, we are better able to feel optimistic about 2021.

When our elevator failed at the end of last year, the whole of CFPA met it with the same positive attitude and resilience we mustered during the pandemic -- open minded, not a single complaint, with confidence that it would be made right before long. It is symbolic of much of our journey through 2020, and we feel that the elevator, hopefully like the rest of the world, will soon be repaired and find healing, fully functioning once again.

In Peace,

[Signature]

Carol Merna
Chief Executive Officer
One of the most common misconceptions about human trafficking is that it always or often involves kidnapping or extreme physical violence. The reality is that most traffickers use a variety of psychological tactics such as fraud, tricks, lies, threats, etc. to manipulate victims into providing commercial sex or forced labor.

Most victims know their traffickers and in almost half of the cases of child sex trafficking, the trafficker was a family member. Sex trafficking of minors occurs when a family member gives offenders sexual access to children or pornographic material in exchange for something of value, like money or drugs.

Familial trafficking is difficult to identify. The abuse often starts in early childhood, normalizing it for the child. Grooming, manipulation, and threats make children compliant. In a recent study, 64% of the traffickers were mothers. The majority received drugs in exchange for their child.¹

CFPA hopes to shed light on familial trafficking during our virtual educational conference on human trafficking this spring. Lockey Maisonneuve, a survivor of child sex trafficking is one of our acclaimed keynote and breakout session speakers. Her memoir titled, A Girl Raised by Wolves, offers a glimpse of how she survived familial trafficking.

**Sex trafficking** occurs when a commercial sex act (any sexual activity provided for something of value) is induced by force, fraud, or coercion if the victim is 18 years of age or older. Any minor who performs a commercial sex act is a victim of sex trafficking, regardless of the use of force, fraud, or coercion.

**Warning signs that a child may be being trafficked:**

- Physical abuse such as burn marks, bruises, or cuts
- Unexplained absences from school
- Sexualized behavior
- Overly tired during the day
- Withdrawn, depressed, distracted, or checked out
- Is unable to give answers about their schedule or living and work locations; appears to possibly work and live in the same building

**Did you know?**

Illinois has one of the most robust safe harbor laws for child sex trafficking. The Illinois Safe Children’s Act decriminalizes sex-trade involvement for minors; making anyone under the age of 18 immune from prosecution for prostitution and directing the Department of Child and Family Services to initiate a child welfare investigation.

**CxT Roasting Company**

CFPA is proud to be partnering once again with our friends at CxT Roasting Company! When you purchase a beverage through carry-out, you’ll receive a blue coffee sleeve with information about human trafficking and our services for survivors and they’ll donate $.10 from every drink sold to support our human trafficking services department!

¹. “Familial Sex Trafficking of Minors: Trafficking Conditions, Clinical Presentation, and Systemic Involvement” by Sprang and Cole, 2018
light 2021

A MULTISTATE EDUCATIONAL CONFERENCE ON HUMAN TRAFFICKING

INAUGURAL HUMAN TRAFFICKING CONFERENCE BY
center for prevention of abuse.

MAY 12 – 13, 2021

VIRTUAL CONFERENCE

FREE COMMUNITY EVENT | MAY 11, 2021

LEARN MORE AND REGISTER AT
WWW.CENTERFORPREVENTIONOFABUSE.ORG/CONFERENCE
**THE REVIEWS ARE IN!**

★★★★★

“Teaching children about child sex abuse is just difficult - finding a comfort level, speaking in a language the little ones understand, adhering to the reiteration needed. *Sis & Me: Down by the Sea* is considerate, easy and colorfully illustrated, easily identifiable for children. Will buy again as a gift. Recommended to everyone who spends time caring for small children. You need this book, and so do they.”

★★★★★

“How great to have a book that assists in explaining to the littles about a difficult and relevant topic. My 6 year old granddaughter was delighted in the characters. I plan to buy another to donate to her kindergarten class. Thank you CFPA for this resource!”

★★★★★

“We were given this book as a gift for my daughter. She’s 10 months old, and we have already read it to have the knowledge in our mind of how to explain things to her when the time comes. Sexual abuse is not a fun subject, but *Sis & Me* uses language that makes it easier to facilitate conversations with children about difficult subjects. Bravo to the Center for Prevention of Abuse for putting this resource together! I highly recommend giving this book to all the parents of young children in your life.”

**AVAILABLE ONLINE HERE:**

![lulu](https://example.com)  ![amazon](https://example.com)  ![Barnes & Noble](https://example.com)

or by visiting centerforpreventionofabuse.org/sisandme
Teen Dating Violence Awareness Month

By: Laura Kowalske, Director of Prevention Services

When faced with a decision we are often told to “trust our instinct” or “go with our gut.” For some of us, it is easy to do just that. But for others, it is much more difficult. We second guess our instinct and wonder if it is truly reliable or leading us down an impulsive path. The concept of instinct is discussed in our PreventEd: Relationship Abuse programming facilitated in 9th grade classrooms across the Tri-County Area.

The importance of this programming is underscored by the fact that 1 in 3 teens have, are, or will experience teen dating violence. And yet, 4 in 5 parents do not even know that teen dating violence is an issue. Discussing the characteristics of healthy relationships, exploring boundary-setting, the cyclical nature of violence, and the red flags that may set off our instinct are all a part of this programming.

So, what are the warning signs of dating abuse? A dating partner who constantly criticizes, tells you what to do, relentlessly checks in on you, has an explosive temper, and monitors who you talk to or what you post on social media may be just a few of the signs. Teens may interpret their dating partner’s criticism/bossiness as confidence, the constant check-ins as a sign their partner is jealous and therefore genuinely cares about them, their temper as an indication of a passionate personality, and the monitoring as attentiveness.

Through discussions and role plays, students in PreventEd: Relationship Abuse learn how to develop healthy relationships based on trust, honesty, independence, and respect. Looking for these characteristics within relationships and trusting one’s instincts if they are not present can help prevent unhealthy relationships from developing and that is the goal of PreventEd: Relationship Abuse.

To download CFPA’s Teen Dating Violence Awareness Month toolkit with activities, discussion points, and more, visit centerforpreventionofabuse.org.

Outstanding Team Member

Last October, our Director of Domestic Violence Family Centered Services, Frances Reyes, was recognized by the Pekin Area Chamber of Commerce as an Outstanding Team Member for her leadership in our Peoria & Pekin shelters during the COVID-19 pandemic. We are grateful for her dedication to our mission and her work toward a safe and more peaceful community!
what's in a donation.

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 over 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’s Adopt Our Families program was a great success this year! With the help of very generous and thoughtful community donors, 52 families were “adopted” and received gifts. The eagerness to support a family, especially in such unprecedented times, demonstrates to our clients just how much this community cares about them. We appreciate all the love and light sent our way this holiday season. We look forward to another successful Adopt Our Families Program in 2021!

 below: Thank you to the East Peoria Women’s Club for their generous donation of items to the general wishlist of the Adopt Our Families program!

 above: Each year, our supporters and friends at Hindu Swaya Swayamsevak Sangh - Peoria Chapter and the Peoria Hindu Temple host a donation drive for CFPA and our clients during the holiday season in honor of Diwali. They donated $4,000 and items to support our Adopt Our Families Program. Thank you HSS and the Peoria Hindu Temple for making a huge impact in the lives of those we serve!

 Bremer Jewelry Partnership

In honor of January as Human Trafficking Awareness Month, CFPA partnered with Bremer Jewelry and Dee Berkley Jewelry for an “EmBracelet” campaign to raise funds for our Human Trafficking Services department! $20 from every beautiful blue stone bracelet purchased supports human trafficking survivors seeking a more peaceful life through CFPA services.
Quarantined with your abuser?

Free and confidential services are available. When you’re ready, so are we.

24/7 crisis hotline: 1.800.559.SAFE (7233)

Shelter needs.

- 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
- Cleaning supplies: Anti-bacterial wipes, bleach-free cleaner, sponges
- Pajamas for a variety of ages and genders
- Packaged socks and underwear (new)
- Deodorant
- Shaving cream – women’s and men’s
- Full-sized toiletries
- Disposable razors
- Toothbrushes, toothpaste, floss
- Diapers and baby wipes
- Baby formula
- Laundry detergent and dryer sheets
- Paper towels and toilet paper
- Assorted sizes of Ziploc bags
- Dish and hand soap
- Assorted sizes of Ziploc bags
- Cling wrap, wax paper, and aluminum foil
- Cotton swabs
- Large garbage bags
- New or gently used umbrellas

**Gift cards or monetary donations to provide any of these items are also accepted**

Volunteer opportunities.

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 provides training for all interested medical advocates prior to volunteering on calls. For more information, please email Kelly Ward at kward@centerforpreventionofabuse.org.
At the Center for Prevention of Abuse’s 2010 “Partners in Peace” luncheon and awards, President Joseph R. Biden, Jr delivered the keynote speech.

He was a captivating speaker, not only for his position as the Vice President of the United States at that time, but for the role he played in the creation of the Violence Against Women Act (VAWA), a landmark piece of legislation that changed the landscape for how communities respond to interpersonal violence in 1994. VAWA impacted every single rape crisis center and domestic violence shelter in the United States.

VAWA was a tremendous piece of legislation that improved the criminal and community-based responses to sexual assault, domestic violence, dating violence, and stalking in the United States. It failed to receive congressional reauthorization during the Trump administration, but we are hopeful that he will make VAWA a priority during his time in office.

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2020 Best of the Best

We’re proud to win “Best Nonprofit” in the Journal Star’s Best of the Best Awards 2020! There are so many worthy agencies who do important work serving our community, so we are honored to have received your vote in this category. Congratulations to all finalists and winners! Thank you for supporting CFPA and our vision for a safe and peaceful community.

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best nonprofit

center for prevention of abuse.

thank you for your support!
Clayton Frankel (CF): How long have you been employed at CFPA, and what lead you to working here?

Camille Yameen (CY): I joined CFPA in May 2017, so I’m coming up on my four year anniversary. I can’t believe how fast the time has gone! I’m very mission-driven when it comes to my work, so I was really excited when I saw the opening for the Director of Marketing and Communications. I was looking for an opportunity where I could blend my background in Public Relations and special events with my time serving in Peace Corps Madagascar. As soon as I sat down to interview with Carol, I had such a good feeling and knew that I wanted to work for the agency.

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

CY: I love the creativity that brews in the marketing department. We have a great team that works together to create unique content, successful special events, beautiful graphics and agency materials, and we all work very well together by keeping the CFPA mission in mind. I am grateful for each of them.

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

CY: I’m very proud of the agency rebranding we facilitated in 2018 where we launched a new website, a new logo, and a new tagline, with our partners McDaniels Marketing. It was also an honor to assist in the opening of our Human Trafficking Services Department that same year and to walk side by side with Carol and Sara to see that department through.

CF: What do you wish people knew about the work environment at CFPA?

CY: I wish people knew how collaborative our departments are and how much we count on one another. Working together is a key piece to achieving our mission of helping all people live free from violence and abuse. Working as a team is a special skill that is hard to teach, so somehow, our agency is full of people who understand that principle, who work together every day, and who put our guests and clients first. It’s encouraging to see the trust between departments and throughout the leadership team.

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

CY: My fiancé and I just got a black lab puppy, so most of our time is spent chasing her around! We also bought a house last year so we do a lot of DIY projects and home renovations. I also love reading, cooking, baking, and writing. I published by first book of poetry, The Leaving, last year and it’s available for purchase on Amazon. I also hope to get back to some traveling in 2021!
**Volunteer Spotlight.**

“The Washington Square Quilters is a group of 15 quilting friends who meet once a month at Faith Lutheran Church in Washington to sew and quilt for others. Due to the COVID-19 pandemic, we have not been able to get together. To compromise, on our regular sewing day, we meet in the church parking lot and members drop off projects they have completed and pick up more projects to work on. We have been getting together for six years making twin quilts, senior throw quilts, wheelchair lap quilts, kids quilts, pillow cases, and walker bags for CFPA. Prior to that, for over ten years, we met in a larger group and donated quilts and other shelter needs to CFPA. Our members and friends donate the fabric we use. Years ago, one of our members had a friend who was fortunate to have CFPA services available when she needed them. We enjoy getting together and sharing our talents and hope to bring some cheer to others with our donations to the Center for Prevention of Abuse.”

Thank you Washington Square Quilters for your beautiful work and your commitment to helping us build a safe and peaceful community!

**Donation Spotlight cont’d**

right: We are so thankful to community members who participated in Representative Ryan Spain’s diaper drive to support nonprofits in our area.

left: CFPA received a generous donation from the Peoria Heights Police Department for their No-Shave-December campaign! The $1,000 raised will go toward client services.

above: Our friends at Sherman’s generously donated 33 brand new twin mattresses to our emergency shelters and long-term housing. A good night’s sleep can make a tremendous difference in the life of a survivor who is fleeing violence or abuse and we’re grateful Sherman’s continues to help us build a safe and peaceful community for all.

left: PNC Bank donated boxes of brand new winter coats for the children in our care. We want all our clients to stay warm, safe, and healthy and are glad to call PNC Bank a partner in peace!

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

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.

*photo credit: CFPA
Thank You!

Sophia Akhtar
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Thank you to all of our donors and supporters who contribute to the Center for Prevention of Abuse through the United Way. We are very thankful for your support of our mission to help all people live free from violence and abuse and to build a safe and peaceful community!

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