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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 Monday, November 8 at cyoung@centerforpreventionofabuse.org or call 309-691-0551. Keep an eye out on our website and social media for updates!

I Run With Survivors 5K/1 Mile Walk | 4/9

Join CFPA on Saturday, April 9, 2022 in the Levee District in East Peoria for the fifth 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.

In Peace,
Carol Merna
Chief Executive Officer
"Why Don’t They Just Leave?"
By: Fran Reyes, Director of Domestic Violence Family Centered Services

A short question packed full of emotion that repeatedly haunts victims of domestic violence. While it may be difficult to comprehend why an individual remains in an unhealthy relationship, there are several reasons, all driven by fear, which make it seemingly impossible for that person to leave.

At the forefront, fear itself stops many victims from leaving an abusive relationship; fear of uncertainty, fear of losing financial stability, fear of being alone. All of this fear is driven solely by the perpetrator through instilling in the victim’s mind the threat that they or their loved ones could be harmed or killed if they left the relationship. As a result, so many victims choose to stay. In fact, according to the Illinois Coalition Against Domestic Violence 2020 Homicide Report, there were 60 incidents of domestic violence homicide that resulted in 75 deaths. The youngest victim was nine months old and the oldest was 80 years old. A heartbreaking statistic that proves the most dangerous time for a victim of domestic violence is during the first two weeks after they have left the abusive relationship.

Furthermore, the Cycle of Violence, in particular the “Honeymoon Phase,” convinces many victims that the perpetrator will change. During this phase, the perpetrator is apologetic, kind, loving, and committed to doing anything it takes to salvage the relationship, but the unfortunate reality is that this phase tends to wane and the violent cycle perpetuates, leaving the victim to yet again choose between the unknown of leaving or giving the person they love another chance.

Oftentimes an abuser isolates their victim, leaving them dependent on others for food, money, shelter, and safety. It is likely that the victim does not have support from loved ones, especially if they have tried to leave previously and were unsuccessful. As a result, the fear of leaving the relationship with nowhere to go and little to no resources stop many from doing so.

During the month of October and every month thereafter, I encourage everyone to rephrase the question of “Why don’t they just leave?” to “Why do abusers continue to perpetrate violence?” This places the responsibility on the perpetrator and can help provide the victim with the strength to leave.

While October is Domestic Violence Awareness Month, our staff is prepared to assist all year round. If you or someone you know is experiencing domestic violence and need support, please call the Center for Prevention of Abuse at 309-691-0551 or the crisis hotline, which is available 24/7 at 1-800-559-SAFE (7233).

Bullying Prevention Month
By: Laura Kowalske, Director of Prevention Education

Did you know more than half of bullying situations (57%) stop when a peer intervenes on behalf of the person being bullied? In fact, when a bystander intervenes, the bullying behavior stops within ten seconds (pacer.org).

So when bullying situations arise, why does it seem no one responds in a helpful manner? The answer is called the “bystander effect.” The bystander effect occurs when the presence of others discourages an individual from intervening in a hurtful event. The greater the number of bystanders witnessing the bullying incident, the less likely it is for any one of them to provide help to the person being harmed.

There are many reasons why someone may be hesitant to offer aid. Assessing the situation and the personal risk for yourself or the victim is the first and most important step when deciding how to proceed. If a situation looks potentially harmful, it is important to enlist the help of a trusted adult or someone in a position of authority immediately.

Even when we feel it is safe to intervene, we are often hesitant to do so. Possibly it is because we are unsure of what to do. In our PreventEd: Bullying programming for kindergarten through eighth grade students, we explore five ways we can intervene safely.

These 5 D’s of Bystander Intervention are:

• **Direct** — directly intervene by telling the bully to stop or helping the victim get away from the bully.

• **Distract** — create a distraction to stop the behavior and allow the victim to get away — flip the lights on and off, drop something, ask for the time or directions, start up a conversation, etc.

• **Delegate** — enlist the help of a teacher, neighbor, coach, or other trusted adult.

• **Document** — take a video, picture, screenshot, audio recording, or write down what you hear.

These things are helpful when reporting, but don’t just document as a way of intervening.

• **Delay** — after the incident is over check in with the person who was bullied and offer support in a way that is meaningful to them. Ask what they may need and how you can support them in the future (ihollaback.org).

Understanding ways to safely respond to bullying behavior helps children feel empowered and that they’re part of the solution to bullying; not part of the problem.

To learn more about bullying prevention, visit centerforpreventionofabuse.org and click on the “Prevention tab” to download a free copy of our Bullying Prevention Month Toolkit entitled “Countdown to Unity in 2021.”

25 Women in Leadership

Congratulations to our Director of Domestic Violence Family Centered Services, Fran Reyes, and our Director of Prevention Education, Laura Kowalske, for being recognized in this year’s 25 Women in Leadership by WEEK 25 News. We are so thankful for your leadership, expertise, and dedication to CFPA’s mission of helping all people live free from violence and abuse!
Thank you to our sponsors, volunteers, food vendors, the City of East Peoria, EastSide Centre, the East Peoria Fire Department, and everyone who sponsored a duck to help support the 33rd Annual Duck Race! 100% of the proceeds from duck sales directly benefits client services and helps us continue to build a safe and peaceful community. See you in 2022!

Quacky has a whole new look! Our signature fundraiser’s mascot needed some new sunglasses and thanks to our friends at Bard Optical, Quacky has never looked better!

Quacky is just like any other patient at Bard Optical and made an appointment, filled out paperwork, took an eye exam, and picked out their favorite Bard Optical frames!

Thank you Bard Optical for being our official Quacky sponsor and for supporting the Duck Race year after year!

CONGRATULATIONS TO THE $10,000 GRAND PRIZE WINNER: JEANNE HURST – TOULON, IL

*photo credit: CFPA
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 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 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.

include. peace.

This October, purchase a custom “include. peace” shirt from Include Co. and 20% of the proceeds benefit domestic violence services at CFPA. This small business supports nonprofits all over the country and selected CFPA as its charity of choice in honor of Domestic Violence Awareness Month. All purchases made site-wide through October 31 benefit CFPA.

To order your shirt, visit www.includeco.org.

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
Boiled 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

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.

volunteer opportunities.

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th**erapy waiting area**

In early September, CFPA worked with Sarah & Jake Randall to make over our therapy waiting area to create a peaceful, calming, and healing environment to those who come to seek therapy after experiencing sexual abuse, sexual assault, human trafficking, or domestic violence.

We love how they designed and executed a space that is client-centered and completely custom.

Thank you to Jennifer Keffeler as a donor + the CAT match, our friends at Sherwin-Williams for donating the paint, BORN Paint Company for donating the paint supplies, and Relics for donating a giftcard to use for decor!

*photo credit: Sarah & Jake Randall; CFPA*
Staff Spotlight

Sara Runyon
Clinical Director

Meet Sara Runyon, the newest addition to CFPA’s leadership team. Design and Communications Coordinator, Clayton Frankel, sat down with Sara to get a glimpse into her work at CFPA.

Clayton Frankel (CF): When did you start working at CFPA, and what inspired you to work here?

Sara Runyon (SR): I started at CFPA in the beginning of August. The mission “Helping all people live free from violence and abuse” was the biggest draw to CFPA, but also knowing that staff’s focus is always on our mission and is demonstrated through daily compassion and advocacy for those we serve.

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

SR: The compassion, integrity, and capabilities of staff. I suppose what I am really referring to is the agency culture. CFPA is a place that just feels good to walk into.

CF: Do you have a personal philosophy that helps guide you through your work in therapy?

SR: A key component of therapy for me is about changing the lens in which individuals view the problems they are experiencing or changing the way they view themselves in relation to those problems. A new lens or frame can reveal new ideas, perspectives, and tools to explore which can help make problems seem much more manageable. If you can change the lens, you can often change the problem.

CF: Is there anything specific you’re looking forward to as Clinical Director? Anything you’re hoping to accomplish for you or your department?

SR: Most exciting to me is the high performing nature of the team. They are amazing. In terms of accomplishments, right now I am just hoping to learn from them and other veteran staff to help in any way I can to maintain the high performing nature of this team.

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

SR: Outside of work hours, you can catch me drinking lots of coffee and snuggling with my dog.

Volunteer Spotlight

Arlene Raymer

Arlene first became a volunteer for CFPA several years ago after hearing her sister speak so highly of the services offered at our agency. She started as a volunteer medical advocate then quickly transitioned to a part-time employee in the shelter in addition to her medical advocacies. She retired from her full-time job at the Children’s Home in Peoria about three years ago and then decided to retire from her part-time position at CFPA about a year later.

Following her retirement, Arlene had the opportunity to spend more time with her 4 year old grandson. However, Arlene occasionally returns to CFPA to volunteer at the front desk and is very glad to do so. “I really missed the contact with former coworkers and I love helping clients as they check in at the front desk,” Arlene stated.

Arlene continued, “I will always spread word of the wonderful work done at CFPA and hope to be able to continue volunteering for a long time to come.”

Thank you Arlene for your service and commitment to helping us build a safe and peaceful community!

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.

Donation Spotlight

below: Thank you to Hunter Stufflebeam for raising money to purchase toys and candy for kids staying in our emergency shelter! They were so excited and thankful for your surprise and kindness!

above: Thank you to Princeville State Bank for holding a donation drive for pantry and shelter needs and for being a long-time donor, community partner, and supporter of CFPA’s mission!

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!

Carole & Owen Ackerman
Sharon & John Amdall
Mary Bair
Paroma Banerjee
Blake Barnard
Vicki Barnes
Patricia Barton
Michelle Bennett
Laurie Benson
Thomas Berlett
Laveine Birditt
Cynthia & David Birk
Andrew Black
Joyce Blumenshine
Christine Bollwinkel
Russel Boulton
Scott Brunton
Beverly Joy Burk
Carolyn & David Burling
Elizabeth Carrico
Janet & Paul Carroll
Gina Chalus
Greg Chance
Deauna Collins
Carolyn Coulter
Lorelei Cox
John Creekmur
Shirley & Roger Cunningham
Michael Cutler
Henry Dare
June Davenport
Teresa Delinski
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Angela & Shawn Weck
Donna Weghorst
William White
June Whitmer
Linda Wilson
Allison & Warren Wolf
Carolynsue Wolf

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!