Treat Others With Kindness: Bullying Prevention Month

Domestic Violence: A Story Told Through Numbers

35th Annual Duck Race Recap

Tune In: A Look Inside CFPA
During Domestic Violence Awareness Month, there is never a more appropriate time to embrace knowledge, welcome a healing journey, and/or take on the challenge to find lasting freedom. Here are five life-changing truths that abuse survivors and those who support them need to recognize.

1. It is not your fault. Not one bit.

Victim-blaming is wrong. Questioning what you could have done differently to prevent a crime from happening implies the fault of the crime lies with the victim rather than the criminal. Sadly, victim-blaming happens across society. And victims often blame themselves for the abuse they have endured, potentially deepening their trauma. Accepting that another person and the abuse he or she inflicted upon you is not under your control can be challenging when you have been told otherwise by the abuser, the public, and even by those close to you who do not know any better. It is never the victim’s fault, no matter the circumstances. Abuse is not normal, nor is it acceptable. Healing is possible.

2. Your love, no matter how deep, cannot inspire an abuser to change.

There was nothing you could have done differently to change the abuser. Nothing. Abusers have a distorted perspective of the world and their interactions with people are intrinsically messy. Victims of abuse stay trapped in an abusive relationship for many reasons, and many of those reasons relate to love and/or empathy for the abuser. There’s nothing wrong with you if you love an abusive person. There are many factors involved in romantic feelings. Regardless, your abuser will not change unless they take full responsibility and seek help. It may be a good idea to try to turn your attention to yourself and make decisions that help you feel and live better, freeing yourself from the tremendous burden you may be under. If you need help developing a plan, our professional team members at CFPA are here to help.

3. Being safe and having healthy relationships are your birthright. You deserve better.

You deserve to be treated with respect. You deserve to feel safe. You deserve to live a safe and happy life. You are not alone. You have choices and there are people ready to advocate for you. If you think you are in an abusive relationship, it is important to make a safety plan to keep yourself and your children out of harm’s way. Think of a safety plan like keeping an emergency kit in your car. Hopefully you won’t need it but if you do, it could save your life. You are always welcome to call CFPA’s Crisis Hotline anytime of the day or night at 1-800-559-SAFE (7233).

4. You don’t have to justify to anyone the reasons you didn’t leave right away.

The reason abuse victims don’t just leave their relationships is often pretty simple; think about merely trying to survive, and about putting one foot in front of the other in a volatile, seemingly impossible, situation. It is hard to come to terms with the loss of what was supposed to be. Making painful choices about your and your children’s safety and wellbeing, in an unpredictable future, is exhausting and frightening. There is never really the luxury of quietly walking away. There are many potential barriers. CFPA wants to alleviate barriers and the team of professionals is here to help you accomplish whatever goals you set for yourself to find safety, hope, and a bright and stable future.

5. There is still hope for a better life….much better.

Hope keeps everyone going. You’ve seen the dark side of humanity, but you can reclaim your life after an abusive relationship. Your story, no matter what it is, is unique and the road to safety and healing can be long and complex, but there are tremendous people waiting to help. You are worthy of love and respect. We believe you and we are here for you. All of CFPA’s services for survivors are 100% free of charge and confidential. We don’t put a price on healing.

When you are ready, so are we.

Each October is Domestic Violence Awareness Month. It provides an opportunity for people to share their truths, raise awareness of how to support and advocate for survivors, mourn those we’ve lost, and celebrate healing and recovery. Learn how to support CFPA’s peaceful mission at centerforpreventionofabuse.org.
Domestic Violence: A Story Told Through Numbers

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

9,169. Nights of safe shelter furnished last year by our two emergency shelters. Thousands of shelter nights provided to 273 adults and 147 children; all of whom live, work, and go to school in our communities.

2,042. Orders of protection obtained throughout Peoria, Tazewell, and Woodford Counties last year.

21,560. Hours of direct service given to women, men, and children by Center for Prevention of Abuse’s (CFPA) specially trained staff members.

342. CFPA medical advocacy responses to victims of domestic violence and sexual assault that presented to our local hospitals as a result of the abuse.

$9.3 Billion. The yearly societal cost due to domestic violence nationwide. Costs include medical care, missed work, damages, legal fees, etc.

78. Deaths in Illinois from July 2020–June 2021 as a result of domestic violence.

3. People killed every day in the United States at the hands of a current or former partner.

Numbers are important; they paint a picture and tell a story. These numbers in particular tell the harrowing stories of our neighbors, friends, coworkers, and loved ones. The numbers remind us that domestic violence is not only pervasive but affects each and every one of us. Whether we identify as a victim or know someone who has experienced abuse, we are not immune to the endemic around us. Ironically, these numbers signify quantities larger than 1, it is very common for victims of domestic violence to feel alone.

Often an abuser isolates their victim leaving them dependent on others for basic life necessities such as shelter, food, and safety. Coupled with the controlling behavior of the abuser, it is common that the victim lacks support from loved ones, especially if they have tried to leave previously and were unsuccessful. As a result, the fear of leaving the relationship combined with nowhere to go and little to no support stops many from doing so.

And while it can be difficult for those experiencing abuse to recognize it, it is important to know that there is hope. People do change. There are resources available to help reduce growing numbers such as these. Throughout this month and all year long, I encourage everyone to help change the trajectory of these numbers. Be a support, offer resources; it may just be the hope someone needs.

While October is domestic violence awareness month, our staff are prepared to help 24 hours a day, 7 days a week, 52 weeks a year. We are here to listen, believe and provide support. If you or someone you know is experiencing domestic violence and would like assistance, please call the Center for Prevention of Abuse at 309-691-0551 or the Crisis hotline at 1-800-559-SAFE (7233).

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 Grace Fritz by Monday, November 13 at gfritz@centerforpreventionofabuse.org or call 309-691-0551.

Adopt Our Families Wrapping Nights | December 13 & 14

Join CFPA for the Adopt Our Families Wrapping Nights on December 13 – 14 from 5:00–8:00 p.m. Wrapping supplies will be provided but feel free to bring your own. Festive snacks, drinks and holiday music will set the scene. If you would like to volunteer, please contact Celsy Young at 309-691-0551 or at cyoung@centerforpreventionofabuse.org to sign up for wrapping.

I Run With Survivors 5K/1 Mile Walk | April 13, 2024

Join CFPA on Saturday, April 13, 2024 in the Levee District in East Peoria for the 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. We welcome sponsors and if interested in sponsoring the event, please reach out to Celsy Young at 309-691-0551 or at cyoung@centerforpreventionofabuse.org.
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 35th 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 2024!

duck race recap.

35,000 DUCKS SOLD

NEW RECORDS SET!

$235,000 RAISED
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 one or 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.

$5 could provide a hot meal for a survivor of abuse
$10 could provide a new pair of shoes for a child staying in our emergency shelter
$20 could provide a week’s worth of bus passes for a recent survivor of sexual assault
$25 could provide fresh produce for a week’s worth of healthy meals for a family in our emergency shelter
$50 could provide a gas card to help outreach clients get to and from appointments with our counselors or to their place of employment
$100 could provide care for a survivor of abuse living with a disability
$350 could help 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 human trafficking survivor whose native language is not English
$2,500 could cover all expenses for one month in safe shelter for an individual fleeing a violent or abusive situation
$5,000 could provide three months of therapy for one sexual assault survivor
$10,000 could cover the cost of running the Safe from the Start program for one month, a violence intervention program for children ages 0-5 who have witnessed or been the victim of 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.

Treat Others With Kindness: Bullying Prevention Month
By: Laura Kowalske, Director of Prevention Education

Did you know showing kindness to others benefits not only the recipients of the kind act but also you? It’s a fact backed by science!

Showing kindness effects our health in a number of ways:

• Kindness improves our relationships. Acts of kindness trigger the release of serotonin, a neurotransmitter that plays a role in mood stability, which helps strengthen our existing relationships and aids in developing new ones.

• Kindness is contagious. It is said there is a “ripple effect” to kindness and science backs that up. Studies show that the ripple effect of kindness extend to our friends’ friends’ friends. That means when we are kind to one person, that one act of kindness will positively affect up to 125 people!

Kindness is teachable. Helping children understand the meaning of respect, empathy, and compassion is a good place to start. During the month of October, the prevention education team is shining a light on the importance of kindness through our programming offerings and our Bullying Prevention Awareness Month Toolkit entitled Treat Others With Kindness. We hope you visit the Prevention Education page at centerforpreventionofabuse.org or scan the QR code below to view this year’s toolkit, and create your own ripple effect by passing it on to others.

Sources: Mayo Clinic; Good & Kind; 52 Lives School of Kindness
Donation spotlight.

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

Shelter & Pantry needs.

Pantry Restock: at your next grocery run, please consider picking up a few extra items for our pantry.

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

Center for prevention of abuse.

Left: Peoria Township Supervisor, LaTrina Leary, stopped by CFPA with a wonderful donation! We are so grateful for her and Peoria Township’s support. Thank you for believing in the work we do every day to create a safe and peaceful community.

Left: Congratulations to Sara Runyon on her promotion to Chief Advancement Officer (CAO) of CFPA! Sara joined CFPA in 2021 as the Clinical Director. In her new role as CAO, she will focus on strategic framework and management of the agency’s core programs.

Welcome Kristen Mueller as CFPA’s Chief Financial Officer! Kristen comes to CFPA from the Illinois Coalition Against Domestic Violence and has 16 years of experience in the finance industry. She has experience working in several sectors including the federal government, manufacturing, and nonprofits. She is responsible for overseeing all fiscal functions of the agency.

Thank you to newlyweds Michael and Sarah Gilles for including CFPA as part of your special day in lieu of wedding gifts. Michael dropped off their donation to CEO, Carol Merna. We hope your Ireland honeymoon was delightful! CFPA is always grateful to be a part of any special day in your life; weddings, birthdays, anniversaries - thank you for the support and congratulations!

For more information on making a contribution to CFPA during a big moment in your life, email cmerna@centerforpreventionofabuse.org.

The Central Illinois Chapter of Credit Unions dropped off dozens of tote bags filled with much needed essentials for our clients. Thank you Cooperative Choice Network Credit Union, CEFCU and Peoria HiWay Credit Union for this kind donation!

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Clayton Frankel (CF): When did you start working at CFPA, and what inspired you to work here?  
Amy Hutchison (AH): I started working at CFPA in May 2012. My grandma, Nelda Lalicker, had volunteered with CFPA way back when we were just a rape crisis hotline. Back then, she would pick up women from wherever they were and took them to the hospital. She would sit with them and support them through this hard time in their lives. I am still amazed at her passion she had for other people.

CF: What are your favorite things about working at CFPA?  
AH: There are so many things I love about CFPA. I love the fact that a victim could come in off the streets with only the clothes on their backs and we have the supplies to give them everything they need to make them feel comfortable. We have a very giving community. I love that CFPA has services for the entire spectrum of intimate and non-intimate partner violence. We are not only helping victims but also educating perpetrators of violence, children in schools and people in our community. CFPA takes a holistic approach to a very horrific situation. The people who work at CFPA are hands down the best group of people to work alongside.

CF: Do you have a personal philosophy that helps guide you through your work with survivors?  
AH: Listen and really hear what each victim is trying to tell you. A long time ago, I learned during a training not to give clients broccoli when they are asking for water. That was really catchy for me and so obvious. It becomes less obvious when a client wants to return to their abuser and you know that’s a horrible decision. I tell staff to think back to broccoli and water. They are wanting to go back to their abuser, what can we do to assist in their safety? It all goes back to meeting the clients where they are at and what they need at this point in their life. It is ultimately their choice and we are here should they need us again, always. We encourage a growth mindset for those clients that are not in immediate crisis.

CF: What do you treasure most about working with survivors of domestic violence?  
AH: I treasure the survivor’s ability to show up, no matter how many times it takes or what that may look like.

CF: Outside of work, what do you like to do when you have free time?  
AH: I enjoy hanging out with my family and listening, watching or reading crime documentaries.
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Stacey & Matthew Shipton
Jean Whetstone

Thank You!

CFPA received a grant from Ameren Illinois towards Violence Prevention Education

The Community Foundation of Central Illinois presented CFPA with a Community Needs grant for children’s therapy services

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 our vision to build a safe and peaceful community!

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