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Spruce Run News (Fall 2003)

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Spruce Run

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Repository Citation

Staff, Spruce Run, "Spruce Run News (Fall 2003)" (2003). *Maine Women's Publications - All*. 245.
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Spruce Run



"Celebrating 30 years of Working for Peace at Home" Fall 2003

207-945-5102 * FAX 207-990-4252 * www.sprucerun.net
Hotline 1-800-863-9909

Bangor Teens work against Domestic Abuse

It's amazing what one young person with energy, enthusiasm and a vision can accomplish, especially with support from a caring and helpful adult. That's what happened at Bangor High School last winter when one student, together with a volunteer faculty advisor, started a group called Teens Against Domestic Abuse. Both women were delighted and surprised when the first meeting of the group, in mid-March, attracted thirteen interested and engaged participants (this number grew to 18 by the end of the school year). Some of the things this group managed to accomplish in its first 3 months of existence include:

- Held weekly meetings to educate themselves about the issue of domestic abuse and dating violence, including inviting guest speakers from Spruce Run, Rape Response Services and AddVerb Productions;
- Volunteered to serve desserts at Spruce Run's Chocolate Party;
- Created a bulletin board display in their school with information about dating abuse and local resources;
- Held a car wash to raise money for Spruce Run;
- Staffed a booth at Bangor High's Spring Fair;

- Posted Spruce Run's shelter wish list all around Bangor High School and placed donation boxes in every classroom to collect donated items.

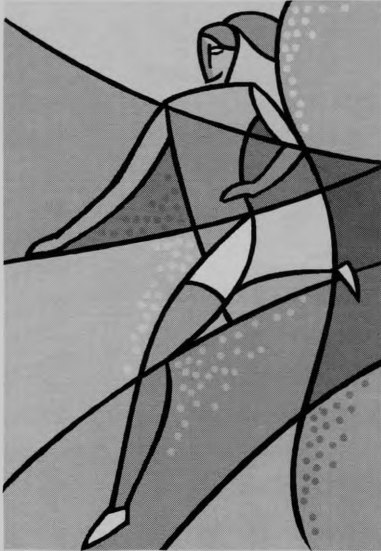
As a result of this group's enthusiastic work several students became aware that Spruce Run's services might be helpful to them, and the issues of dating abuse and healthy relationships will continue to have a high profile at Bangor High School.

We look forward to seeing what this dynamic group of students will accomplish in the 2003-2004 school year!

INSIDE THIS ISSUE...

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- * Meet a Spruce Run Volunteer
- * Spruce Run Support and Education Groups
- * Outreach to Penobscot County

Race to End Domestic Abuse



Join us **Saturday, October 4, 2003** for our 4th annual **Family Walk and 5K Run**.

Where: Paul Bunyan Park in Bangor

When: Race day registration begins at 8:00 am; walk begins at 9:00 am; competitive run begins at 9:30 am.

Entry fee for adult runners and walkers is \$12 or a minimum of \$30 in pledges; teams of 3 -- \$30 or a minimum of \$75 in pledges. Kids under 14 may run and walk for free.

T-shirts for all runners and walkers

Prizes for fastest female & male runners and first walker to finish

Prizes to individual and team with most pledges raised

Goodies for the youngest participant

More prizes and surprises

For more information, or a pledge form
please call **945-5102** or email
sprucern@midmaine.com (please put ATT:
RACE in the subject line)



If you don't want to walk or run, come anyway! You can show your support for the goal of ending domestic abuse, have a bagel and coffee, and cheer on the walkers and runners!

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

- October 1 Vigil**
6PM in front of the Student Union Building
Sponsored by the UM Safe Campus Project
- October 1 Work to End Domestic Violence Day**
www.endabuse.com
- October 4 4th Annual Spruce Run Walk/Run to End Domestic Abuse**
Race-day registration begins at 8AM; walk begins at 9AM; run begins at 9:30AM
For registration form and pledge sheet call 945-5102
- October 7 "Dating Abuse: what is it and how to recognize it"**
Carol Sousa
7:30PM--Minsky Hall, University of Maine
Sponsored by the UM Safe Campus Project
- October 8 "Understanding and Responding to Perpetrators of Domestic Violence in School Settings"**
Carol Sousa
12:00 noon
Sponsored by the Women in the Curriculum Program and the UM Safe Campus Project
- October 16 "You the Man"**
A One Man Show Addressing Unhealthy Relationships, Dating Violence and Sexual Abuse
100 D.P. Corbett Building
University of Maine
Sponsored by the UM Safe Campus Project
- October 18 and October 19 Clothesline Project**
Bangor Mall, Center Court
T-shirts created by survivors of domestic abuse and sexual abuse, and shirts created in memory of those who did not survive, will be displayed
- October 28 Maine launch of new Domestic Violence Postage Stamp**
Hall of Flags
State House, Augusta



**During the month of
October, wear a purple
ribbon**

* To remember that people are
abused every day

* To celebrate the hope,
strength, and courage of
survivors

* To take a stand as a
community against domestic
abuse

***Purple ribbons are free. Call
Spruce Run at
945-5102 if you are interested
in wearing a ribbon. Ribbons
will be available at the Race
Against Domestic Abuse on
October 4th see page 2) and at
the Bangor Mall Center Court
on Saturday, October 18 and
Sunday, October 19***

All Month: Display of Domestic Violence and Dating Abuse information at the Bangor Mall

Marie's Story

One night I went out to the Heritage Bowling Lanes with a couple of friends. They wanted me to meet this cool guy, Claude, who liked to sing karaoke. They introduced me to him and he seemed very shy. He smiled when I talked to him and wouldn't look at me. I told him about the Super Bowl party that I was having at my house and since he was a friend of my friends, invited him to come over. It turned out to be our first date. It was fun. I rooted for the Patriots while he rooted for Green Bay.

He started coming over and hanging around with me, my roommate and her boyfriend. Every time he came over he brought me a French Vanilla Cappuccino because he knew I liked it. He showed me a lot of attention, like telling me that I was pretty and smart and always wanting to be around me. One time he went to a corner store and bought me a stuffed animal. He showed my six year old son, Jason, a lot of attention too. Sometimes he would wrestle with him and other times he would take him out to see a movie. Naturally I could learn to love someone like this.

He started asking me to marry him and for awhile I wouldn't give him an answer. Then one day he and Jason were kneeling on the floor asking me to marry him. I said yes, and three months later we got married.

The day after we came home from our honeymoon I was putting up pictures. He started yelling at me about trying to move in and take over. I remember asking myself, "What in the world did I do?" I was confused—did he want me to live out of a suitcase?

* not her real name

A letter we received from Marie recently:

Spruce Run is more than just a shelter.

I think it's great that women have a place to go when they're trying to get out of an abusive situation. This place provides every possible need that you could think of: food, clothes, toys, shampoo. They're also available 24 hours a day if you just need someone to talk to.

However, when a person has been in an abusive relationship it kills her self-esteem, so naturally she's not going to have the confidence that it takes to make a better life for her and her children. This is where Transitional Housing comes in. Not only do they continue to help you with physical and emotional needs but they help you to set goals and meet those goals.

I am recently going to college which is something I've talked about doing for years! I guess you could say I didn't really think I had it in me but Spruce Run has helped me to see that I did. I will forever be grateful to them and my wish is that everyone who goes to their shelter has the opportunity that I had to live in Transitional Housing.

Thank you!

That was just the beginning. One day I came home from work and all of my belongings (dishes, furniture and important papers) were sitting out on the lawn waiting for the dump truck to take them away. There was just no room in the trailer. I felt hurt and angry but I let it pass—after all, I am a pack rat.

One day we were at Shop n' Save and I saw a friend of mine. I stopped to talk to her and

apparently we were taking too long because he started huffing and puffing with this really ignorant look on his face. When we went out to the car he started yelling at me about taking forever. After that, when we went out in public, he would say, "Don't start talking to people. Let's just do our thing and leave." From that point on, if I saw someone I knew while I was with him, I would duck my head or walk in another direction to avoid them. I couldn't really complain though, because he still showed me a lot of affection. He told me he loved me and he remembered things like the day we met. He even took me out to eat to celebrate it, after sending me flowers at my work. How could I stay mad after that?

There were times when he would mumble things that I couldn't understand and throw in words that caught my attention: degrading names or references to the Department of Human Services. He knew that my biggest fear was having my children taken away from me. When I asked him what he said he would give me a funny look and say, "I didn't say anything." This usually happened when we argued about me not doing what he told me to do. For example, he'd say, "I want this house clean when I come home from work." I would say, "I work too, and you don't have to talk to me like that."

Then he started treating my son badly. He not only yelled at him for things like spilling drinks on the floor, but he gave him dirty looks behind my back, especially when I gave my son attention. Jason would try to avoid him by running to his room whenever he came home from work. He would stay in his room for the rest of the night. It was like walking on eggshells.

One day I took a pregnancy test because I was feeling sick a lot. I found out that I was pregnant and when I told him he got mad. He swore and said we didn't have money for a baby. All through that pregnancy he made comments about the baby being someone else's. I wasn't allowed to talk about the baby around him because he would get into one of his moods if I did, complaining about finances and calling me names. Jason would get nervous when we argued so I did everything I could to keep the peace—in other words, I bit my tongue really hard.

After I had Joey, Claude had no choice but to accept him as his own because the baby looked just like him. Everyone said so. Joey had several surgeries as a baby and had to be in the hospital a lot. I took him to every one of his appointments and stayed with him after his surgeries. Claude came twice for twenty minutes each time.

After Joey came home from the hospital I quit my job and stayed home with him. When I asked Claude for money to buy food I had to listen to him yell, then, depending on his mood, he might throw forty dollars at me.

I'll always remember the day I decided to leave. I was pregnant with my daughter at the time and my eldest son was visiting a friend. I told Claude that I was going to watch my sister's children for her. He started banging on walls and yelling at me. I'd planned to leave the baby with him while I went to church but not after the fit he'd just had. I grabbed the baby, put on his coat, and ran out the door. As I was leaving, Claude yelled, "Get the **** out and don't come back!" I never felt so free as at that moment. This was the last straw.

As I drove off I remember being fearful of what the future would bring for my family. I also remember thinking about the kind of life we would have if I stayed. And that life is not for me, not anymore!

Spruce Run to expand Transitional Housing Program

After several years of work and planning, Spruce Run will open seven new units of Transitional Housing this fall, bringing our total number of units to fourteen. We will be continuing in our successful partnership with Community Housing of Maine, a non-profit housing developer, to provide more families with decent affordable housing and transitional services designed to assist them in meeting their safety and self-sufficiency goals.

While we are delighted to be able to offer this program to more families, it is important to acknowledge that there continues to be a serious shortage of both housing and housing assistance in our community. Section 8 vouchers (which provide housing assistance for low income families) have been unavailable in our community and across the nation since Spring 2003. This has resulted in additional barriers for many families trying to establish safer and more secure homes.

The purchase and renovation of the new units was made possible by the voters of the State of Maine who approved a bond issue to address the crisis in housing with funding specifically designated to create housing for victims of domestic violence.

Ever thought about volunteering for Spruce Run?

There are lots of great reasons to volunteer for Spruce Run:

You can work towards the goal of ending abuse in our community

You can provide a safe listener for someone who needs a chance to feel heard and validated

You can brighten the life of a child in shelter and provide a positive role model

It's fun!

Why wait?

Give us a call and find out about our many **volunteer** opportunities, from hotline to children's worker; Steering Committee to reception. Call 945-5102 and ask for Amber or Sue H.



Spruce Run Staff

Janice Archer, Shelter Services Coordinator

Sue Bradford, Program Planning & Integration Coordinator

Lyn Carter, Legal Response Coordinator

Dorathy Chocensky, Resource Development Coordinator

Amanda Cost, School-Based Advocacy Coordinator

Amber Crowell, Volunteer and Children's Services Coordinator

Sheila Daigle, Office Coordinator

Maureen Flagg, Women's Advocacy and TANF Coordinator

Brianna Geary, Women's Advocate

Sue Hamlett, Community Education Coordinator

Josephine Harriman, Women's Advocate

Brooke Huffman, School-Based Advocacy Coordinator

Rebecca Hobbs, Administrative Coordinator

Sherry Lane, Transitional Services Coordinator

Tina Roberts, Special Projects Coordinator

Francine Stark, Community Response Coordinator

Johnnie Walker, Transitional Housing Coordinator

Erica Watson, Hotline Coordinator

Changes at Spruce Run

With reluctance we said goodbye this summer to **Jan Blake** who served Spruce Run as our Legal Response Coordinator and Children's Services Coordinator. Jan's tireless energy and creativity will be missed by lots of kids, quite a few police officers, and all her co-workers. We wish her all the best in graduate school!

Amy Oliver, our Community Response Coordinator, has also moved on. We will miss her reliably cheerful presence and her efficient and productive work habits. We think of her often in her new habitat in Western Massachusetts.

Sharon Callnan who was with us for several years, first as a workstudy student and later as a Legal Advocate, has left Spruce Run for new adventures. Sharon has traveled and volunteered in Nepal. We look forward to postcards from lots of exotic places!

This summer we also welcomed **Brooke Huffman** who joins us as the second member of the School-Based Advocacy team. Brooke enjoys playing with her four year old son and loves having fun! We know this will be a big advantage when working with middle school and high school students too! Welcome, Brooke!

Spruce Run marks 30 years with Endowment Campaign

The campaign to increase Spruce Run's Endowment Trust by \$500,000 is well underway. **As of mid-September, we have received over \$150,000 in pledges and donations.** Community involvement is high—22 people have volunteered to help solicit donations, and all staff and Steering Committee members have pledged to contribute financially.

The expansion of the Endowment Trust will enable us to weather these uncertain economic and political times while continuing to effect social change and serve members of our community who have been affected by domestic abuse. Because only the revenue, and not the principal, can be spent, contributions to the Endowment provide a lasting legacy to Spruce Run.

On Sunday, September 7, in support of the campaign, volunteer **Kathy King** pedaled her bicycle from her home in East Millinocket to the door of the Resource Center in Bangor, 75 miles away. She was joined for half that distance by **Susan Jackson** of Medway. For Kathy, the ride symbolized freedom—the ability to get up and go without being restrained by the threat of abuse. Both women also raised money for the fund.

To celebrate the progress to date, the campaign committee held a reception on Thursday, September 18. Special guest **Emily Maren** of the **Maren Foundation** presented Spruce Run with a check for \$50,000 as a match for the \$50,000 raised locally.

News from the Penobscot Nation

The Penobscot Nation, Rape Response and Spruce Run have been working together to address the issues of violence against Native women in this area. The primary goals of this collaboration are to improve services and to plan a comprehensive community response to this issue that is informed by the experiences of Native women who have been abused. We all hope for a time when we can say to our grandchildren “We used to need shelters for battered women and their kids!”

A Penobscot Nation Task Force has been meeting regularly to discuss ways in which the Nation and the community can increase safety and accountability, and a women's advisory group has formed to share their experiences and give feedback to the Task Force. The Penobscot Nation's Community Services Coordinator completed Spruce Run's hotline training, and facilitates service delivery to people on Indian Island who are affected by domestic violence. Spruce Run's initial participation in this initiative has been supported by a grant from the Maine Women's Fund.



**You may be thinking, “How can I help with Spruce Run’s Endowment Campaign?”
We’re glad you asked!**

We are encouraging donors to the campaign to give in honor or in memory of a particular individual or group. Some donors have chosen to honor family members or friends who are survivors of domestic abuse; others have contributed in celebration of a Spruce Run volunteer or other caring helper.

If you'd like to make a gift or help in some other way, please call 945-5102 and ask for Karen

Meet a Spruce Run Volunteer!

Leslie Poake, the most recent addition to Spruce Run's Steering Committee, came to Maine late last year via Atlanta, Buffalo, and Philadelphia. She researched volunteer opportunities with the help of the United Way of Eastern Maine's staff and decided that Spruce Run might be a good match.

Although she has spent the last decade in the corporate world, in the late 1980s-early 90s Leslie worked for a Philadelphia domestic violence agency called Women in Transition.

"Part of my goal in moving to Maine was getting back into working with a domestic violence project," she says. Driving that goal was the realization that much ~~remains to be done.~~

"Twelve years ago at Women in Transition, I remember thinking, well, this problem is only going to be around for so long," she says. "What's changed is that people know about domestic violence and it's not taboo to talk about it anymore. Less people ask, 'Why doesn't she just leave?' But I don't know that, unless they've been involved in a domestic violence situation, most people really understand."

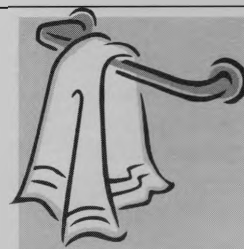
Leslie no longer believes that domestic abuse is a short-term issue. Its persistence in our culture reinforces the need for the services Spruce Run provides, she says. "We're not going to be able to stop the world from producing those behaviors. It's a perpetuating thing. We've just always got to be there."

As a Steering Committee representative, Leslie says she is pleased that she was "immediately integrated

into the programs and the work."

"Staff keeps you involved," she says. "Also, I keep getting sucked into committees!" She is a member of the Race and Endowment Campaign Committees, and, along with her husband, Chris, worked on the March 2003 Chocolate Party.

Leslie is currently the Finance and Administrative Manager at Project Atrium, an agency that provides services for teens with substance abuse and mental health issues. She and Chris and their two dogs, Abigail and Ace, are in the process of settling into a new home.



Shelter Wishlist

Laundry Detergent (liquid)
Toilet Paper
White bath towels
Adult pain relievers (Advil, Tylenol)
Hairdryers
New women's underwear
Pre-paid phone cards
Bra's (new)
Diapers--larger sizes
Tampons
Sweat pants (women's L, XL, XXL)
Cleaning supplies
Pots and pans (assorted sizes)
Lysol disinfectant spray
Dryer sheets
Small alarm clocks
Dishwasher detergent
Toothpaste
Paper towels
Dish towels
Dental floss
Twin size comforters
Standard size pillows
Dishwashing liquid
Pens
Stamps

Outreach

...in Penobscot County

You may have noticed a sudden blossoming of Spruce Run posters in public places in your town. At least we hope you've noticed. It's all part of a comprehensive plan to make sure that everyone in Penobscot County has information about Spruce Run: who we are, what we do, and how to reach us.

If your community has not been visited by Spruce Run outreach workers, don't despair. We plan to reach every community eventually. If you know of a perfect place for a Spruce Run poster and would like to help get it there, give us a call. We'd be happy to provide you with one or several. And if your work (hairdresser, counselor, minister or Human Resources professional, for example) puts you in contact with people who are experiencing abuse and you'd like a supply of Spruce Run brochures to display or hand out, please call to request some or fill out the form below. We've included an example of our newly designed small size poster on this page. Please feel free to post it. Donations to help pay printing costs are gratefully accepted.

Please send me (include amount):

<input type="checkbox"/> Spruce Run brochure	Name: _____
<input type="checkbox"/> Teen brochures	Organization: _____
<input type="checkbox"/> Large Posters with tear off (11" x 17")	Phone number: _____
<input type="checkbox"/> Small Posters with tear off (4-1/2" x 6")	Address: _____
<input type="checkbox"/> Wooden Nickels	_____

Return Form to: Spruce Run Association, Outreach Project, P.O. Box 653, Bangor, Maine 04402-0653

Spruce Run

Spruce Run is a nonprofit community-based organization whose purpose is to end domestic abuse by providing services, information, and training to our community.



Does a current or former partner:

- Call you names or put you down?
- Constantly criticize your friends and family?
- Tell you what to do, what to think, or how to act?
- Hurt or threaten you, your family, friends, or pets?
- Blame you for their behavior?

Spruce Run offers:

- Someone to listen on our 24-hour Hotline
- Support and Education groups
- Shelter
- Information about other area resources
- Support in dealing with the legal system, DHS/Child Protective Services, or DHS/TANF
- Education about domestic abuse

Spruce Run 24-Hour Hotline
1-800-863-9909 or 947-0496
collect calls accepted

All services are free and confidential
For hearing impaired use
the Maine TDD Relay Services
1-800-955-3777



Spruce Run Groups

Frequently Asked Questions

Is group right for me?

Women who attend Spruce Run's support and education groups come from all walks and stages of life. Some are in a relationship and beginning to explore if what they are experiencing is abuse; others may be struggling with emotional, financial and legal issues after months or years of separation from an abusive partner.

Women choose to participate in groups for many reasons:

- ✓ To understand themselves better and to feel understood
- ✓ To understand their experiences in a new way
- ✓ To learn more about domestic abuse and its effects on themselves and their children
- ✓ To hear how others in similar situations have coped, survived and healed
- ✓ To hear and share information about community resources
- ✓ To hear and explore ways of being safer—physically, financially and emotionally
- ✓ To get or regain a sense of what a healthy relationship looks and feels like
- ✓ To find hope for the future
- ✓ To experience the powerful support of other women which breaks down isolation and victim-blaming
- ✓ To give back after benefiting from the group support

What's the difference between Support group and Education group?

Support Groups focus on the here and now. Women share what is going on right now in their lives (or just listen) and gain support, validation and perspective from each other.

Education Groups

Connections and Change: Domestic Abuse Education I follows a curriculum including topics like:

- The patterns of abuse
- Why does abuse happen?
- Gender stereotypes
- Survival skills
- Anger
- Healthy Relationships

After completing *Connections and Change*, women can choose to attend *Beyond Surviving: Domestic Abuse Education II*, which focuses on building or rebuilding a whole and healthy life and includes topics like:

- Healthy Relationships
- Parenting in the aftermath of domestic abuse
- Spirituality
- Sexuality
- Personal Economics



Spruce Run Education Groups 2003-2004

Connections and Change: Domestic Abuse Education I

October 7 thru December 9, 2003

This is our usual education group including 10 weekly sessions on types of abuse, connections between gender roles and abuse, women & anger, freedom. (EVENINGS)

Beyond Surviving: Domestic Abuse Education II

January 20 thru March 23, 2004

Introduced in 2003! Participants called this group "Very Important!"

An in-depth look at the issues affecting survivors including: healthy relationships, effective communication, dealing with anger, parenting, and economic concerns.

Connections & Change: Domestic Abuse Education I

April 13 thru June 15, 2004

This is our usual education group including 10 weekly sessions on types of abuse, connections between gender roles and abuse, women & anger, freedom.

New!

Bridges to Empowerment

August 10 thru September 28, 2004

Explore relationships and personal empowerment while using a hands-on approach including art, games, and trust activities

Beyond Surviving: Domestic Abuse Education II

October 12 thru December 14, 2004

Introduced in 2003! Participants called this group "Very Important!"

An in-depth look at the issues affecting survivors including: healthy relationships, effective communication, dealing with anger, parenting, and economic concerns

Daytime & evening Support Groups are also available.

Children's groups or childcare arranged for all groups.

All services are free & confidential.

Call for more information 800-863-9909 or 945-5102

Spruce Run Services

If you or someone you know is experiencing abuse, the following services may be helpful:

24-Hour Hotline

We offer support, feedback and information about options, with the firm belief in one's right to make one's own decisions and act on one's own behalf.

Advocacy

Advocates are available to offer information and support at TANF/ASPRE, local hospitals, Penobscot County District courts, Child Protective Services and some schools.

Support/Education Groups

Women meet weekly to help each other by sharing experiences and offering encouragement and understanding to one another. They may bring their children to a children's group at the same time. Education groups provide insight into how our society and culture influence and respond to domestic abuse.

Children's Services

We give children the opportunity to talk about their feelings in a safe and fun environment in groups and when they are in shelter.

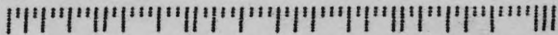
Shelter

We provide emergency shelter for victims of domestic abuse and provide information about other shelter and housing options.

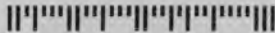
Training and Education

We provide training, consultation, and education sessions about domestic abuse for schools, employers, service providers, and others to foster a coordinated community response to domestic abuse.

Spruce Run is funded by the United Way, the Department of Human Services, the Maine State Housing Authority, and your generous donations



0446945728



*****3-DIGIT 044
WOMEN'S RESOURCE CENTER
5728 FERNALD HALL
ORONO ME 04473

Return Service Requested

Bangor ME 04402-0653

PO Box 653



Spruce Run

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