

## THERE'S MORE TO OUR STORY

Often, when we speak to community members about the work Blackburn Center does in Westmoreland County, they are surprised to hear about the scope and depth of our services. Most people who know about Blackburn associate us with our emergency shelter for victims of domestic violence, or possibly our hotline, or maybe our community awareness programs. While these resources are an important part of our mission, they tell only part of the story of what we're trying to achieve in Westmoreland County. There are two core concepts that drive Blackburn Center's work: primary prevention and trauma expertise. We've talked in these pages in the past about primary prevention (and will do a bit more of that in this edition), but we haven't talked much about the expertise in trauma we have built over the past 39 years.

### Trauma-informed Services:

At Blackburn Center, all services to victims/survivors are trauma-informed. This approach emphasizes emotional, psychological and physical safety for clients. It also employs the core principles of trust, choice, collaboration and empowerment. Counseling methods across all types of services at Blackburn Center incorporate an understanding of how trauma affects the life of a survivor of domestic or sexual violence, and a sensitivity to the triggers or vulnerabilities of our clients. This supportive approach avoids re-traumatization and helps the survivor rebuild a sense of control and empowerment. The agency's policies and procedures are victim-centered, with client goals established by the client, not by the counselor.

The combination of Blackburn Center's unwavering commitment to confidentiality and anonymity in our services, coupled with our decades of trauma expertise, make us uniquely qualified to provide the care and services survivors of violence need to heal from that trauma. This impact can be seen in the consistently positive

outcomes we see in all the services we provide. A full listing of our services is on this page.

### Primary Prevention:

What does primary prevention mean? Primary prevention has been most commonly used in a healthcare context, but can also be applied in the prevention of violence. In the healthcare context, primary prevention means taking steps to *prevent* a disease instead of waiting until a person has the disease to *respond* to it. To apply that in a community setting and to Blackburn Center's mission, we are attempting to address the root causes of gender violence in order to prevent the violence from happening in the first place. We are moving beyond community awareness to community engagement and action in addressing the culture that fuels continued domestic and sexual violence.

Our primary prevention efforts include engaging directly with the community through community events and programs, and with our signature annual event, *Walk a Mile in Her Shoes*.<sup>®</sup> We also reach out through social media, and with groups such as our Future Advocates of Blackburn (FAB). Our partnerships with area campuses allow us to expand our education and engagement efforts, and to provide additional opportunities such as bystander intervention training. We are also working to engage men as allies in the struggle to end gender violence, and

### Mission Statement

Blackburn Center advocates for the rights of all individuals to live free from domestic and sexual violence in their homes and communities by eliminating the root causes of this violence and providing for the well-being and safety of survivors/victims.

to implement an innovative program in the county called *Coaching Boys into Men*. Through these combined efforts, we believe that instead of waiting to only *respond* to the effects of domestic and sexual violence, we can *prevent* it from occurring in the first place.

We utilize a two-prong approach to achieve our mission: trauma-informed victim services and primary prevention efforts. Only through this dual approach can we bring about true change in our community. While we will continue to offer services to victims of domestic and sexual violence, we believe that our primary prevention efforts will reduce and eventually eliminate the need for those services. Visit our website ([www.blackburncenter.org](http://www.blackburncenter.org)) to learn more about these initiatives ... and how you can become involved in this important work. Thank you for your continued support of our organization, and for your assistance in achieving our mission!

**If you, or someone you know, needs Blackburn Center's services, call the 24/7 Hotline: 724-836-1122 or 1-888-832-2272.**

**All of our services are CONFIDENTIAL, can be ANONYMOUS and are offered at no charge to clients.**

- 24/7 Hotline
- Shelter for Victims of Intimate Partner Violence
- Counseling and Therapy
- Medical and Legal Advocacy/Accompaniment
- Support Groups
- Education & Prevention Programs

## New Protection Orders Available in Pennsylvania

Since the 1970s, victims of domestic violence in Pennsylvania have been able to obtain Protection from Abuse orders. Now, victims of sexual violence or intimidation can obtain orders of protection under the Protection of Victims of Sexual Violence or Intimidation Act. This law — effective July 1, 2015 — differs significantly from the Protection from Abuse Act in that it does not require a familial or household relationship between the abuser and victim. Under the Act, victims of sexual violence can apply for a Sexual Violence Protection order, which would require the abuser to stay away from the victim for up to three years. Victims of intimidation can apply for Protection from Intimidation orders, which also are valid for up to three years. However, there is an age restriction on these orders — the victim must be under 18 and the abuser must be 18 or older in order to qualify. Because the Act is new, we don't yet know how the law will be applied. Visit our website at [www.blackburncenter.org](http://www.blackburncenter.org) to learn more, or call us at 1-888-832-2272 or 724-836-1122.



October is Domestic Violence Awareness Month

### BLACKBURN'S E-NEWSLETTER OPTION

We are continuing to move towards paperless communication with our newsletter. This has multiple benefits: (1) we will reduce costs for Blackburn Center (allowing more of our resources to be invested in services to clients and the community); (2) we will lessen our impact on the environment; and (3) you will get important information about Blackburn Center's services and projects faster.

Please consider taking advantage of this opportunity! To subscribe to our e-newsletter and other news and alerts from Blackburn Center, e-mail Laura at [laura@blackburncenter.org](mailto:laura@blackburncenter.org). Include your regular mailing address so that we can remove you from the newsletter mailing list. You may still occasionally receive other paper mail from Blackburn Center, but our goal is to move towards entirely paperless communication.

As always, your privacy is important to us; Blackburn Center will never sell your information to a third party.

### For Parents

If you're a parent, chances are that you've wondered how to talk to your children about complicated topics like sexual abuse, dating violence, online safety and more. At Blackburn Center, we recognize that talking about these issues with your children can be challenging — and we are here to help!

Through our school-based outreach programs, we educate thousands of school-aged children in Westmoreland County. These sessions cover a variety of topics, from bullying to harassment to internet safety and domestic and sexual violence, with programs adapted for each age level. Many of the materials used are now available on the *For Parents* page on our website. If your child has recently attended, or is about to attend, a Blackburn Center educational program, you can use this information to continue talking to your child about these subjects. These materials can also be used by home educators or parents whose children haven't attended one of our programs; it's a great way to start the conversation!

Child sexual abuse is sadly still common in our society, as is teen dating violence and other forms of abuse such as sexual harassment and bullying. It is critically important that we educate ourselves and our children about these issues, so that one day, we can stop the violence. So, parents, grandparents, aunts, uncles and friends — anyone with a child in their lives — please take advantage of this great new resource and help to keep your kids safe!

### Reminders

#### United Way Campaign

All Westmoreland County United Way agencies need your help, now more than ever. The stronger they are, the stronger we are. Please consider directing your contribution to the Community Impact Fund or to Blackburn Center. Blackburn Center's donor designation number is 382.

#### 2014–2015 Annual Report

To reduce costs and environmental impact, we will be posting Blackburn Center's Annual Report on our website: [www.blackburncenter.org](http://www.blackburncenter.org). The 2014-2015 report is now available for your review. Please let us know if you'd like a hard copy sent to you; call 724-837-9540, x104.

# MANY THANKS

to those who supported the Special Occasion Card:  
A Greeting with a Purpose

## IN MEMORY

Anonymous

*Rebecca Anderson Stahl*  
Laurene M. Getto

*Rebecca Anderson Stahl*  
Pat and Ken Kaskan

*Barbara J. Dorundo*  
Georgine Dorundo

*Catherine Lekawa*  
Nancy Smith

*Jane Marchand*  
Joan M. Vernail

*Rose Marie Plundo*  
Georgine Dorundo

*Gary Rumgay*  
Deanna DeMezza

*Alice Rush*  
Darlene DeLaini

*Mary Louise Truxal*  
Darlene DeLaini

*Virginia Wilkins*  
Patricia Benton

## IN HONOR

Anonymous

*Peg Carpenter*  
Robert Carpenter, Jr.

*Raymond Dorundo, Sr.*  
Georgine Dorundo

*Julie Ebersole*  
Berny and Betsy Borza

*Joy Heafner*  
Ruth K. Fowler

*Bobbie Hineine*  
Patricia Benton

*Jean McKenna*  
Ernie and Ann Emmerling

*Carmella Neil*  
Calli-Marie and Alessandra Neil

*Ann M. Schrems*  
Bill and Cathy Reeves

## GENERAL

First Baptist Church Esther Circle

First United Church of Christ

Women's Fellowship

Beta Y-Gradale-Scottdale

Beth Alwine

American Slovak Society  
of Bradenville

Anonymous

Jeanne Anton  
Anthony Botti, Jr.

Sally Brautigam  
Chestnut Ridge Lions Club

Susanna Choi and  
John McCarthy

Shirley Clements

Georgia K. Crawford  
Natalie Debich

Karen DuChateau

Rosine Dull

Patricia Eberts

Tim Fedele

John E. Goettlicher

Richard and Audrey Gray

John W. Greiner

Valerie Hall

Richard Harrold

Margaret Hildebrand

Howard Johnson Inn

Terri Katzman

JoAnne Kaylor

Kiwanis Club of Greensburg

Thomas Maatta

James and Penny Moon

Barry and JoEllen Numerick

Dona Marie Ray

Thomas and Diana Roberts

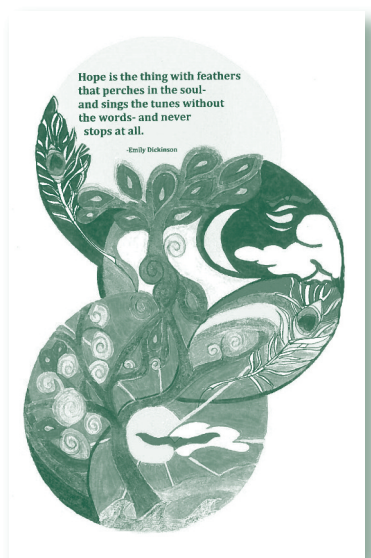
Christopher Robertshaw

Rostraver Grange 919

Betty Rushbrook

TMR Roofing

Virginia Turner



*In 1853, Esther Howland brought young girls into her Massachusetts home to hand color valentines. She provided them with shelter and an opportunity to earn a livelihood. In that tradition, a Blackburn Center client designed this specially created collector's card.*



## 2016 Walk a Mile in Her Shoes®

### The International Men's March to Stop Rape, Sexual Assault & Gender Violence

Westmoreland County's **WALK A MILE IN HER SHOES®** event, sponsored annually by Blackburn Center, has become a signature opportunity for this community to raise our voices and challenge the culture of violence that fuels the incidence of domestic and sexual abuse.

This event – both visually riveting and addressing a critically important issue – is a great opportunity for you to prove that you are someone who not only cares about our community, but also cares enough to take a stand, *and a walk*, against domestic and sexual violence against women. At our inaugural event in April 2011, 300 people took a stand against violence and by 2015 the number of participants was over 1,100!

**Take a stand, raise your voice, challenge the culture and show you care by joining the WALK!**

Mark the date in your calendar NOW: **Saturday, April 16, 2016**

Tell your friends, family, colleagues, and neighbors about this important – and FUN – event.

Gather a team to join the more than 50 teams that walked this year.

**For individual and team registration information, and details about sponsorship opportunities, please call 724-837-9540, X144.**

**Online registration information for the walk will be available via Blackburn Center's website soon!**

### Reasons to Walk

Statistics show that 1 in 4 American women are physically abused, sexually assaulted, or stalked sometime in their lifetime; nearly 1.5 million high school students in the United States are physically abused by their dating partners every year, and 1 in 5 women are sexually assaulted during their college tenures.



# NEEDS LIST

Your contributions have a direct impact for victims of domestic and sexual violence.

## Look at our List, and Check it Twice

As the holiday season approaches, please make our needs list part of your holiday gift giving. Making a gift of items from the needs list, or donating the financial resources to purchase those items, helps us provide for the basic needs of individuals and families staying at our shelter. It is also a unique and wonderful way to honor someone special on your holiday list. Once you make your donation, we'll be happy to send a card acknowledging your gift on their behalf. Donating items helps to sustain the shelter program, and maintain the support groups the

agency provides for women and children. Some of these items are made available to women and their children who are establishing their own homes and need support with basic household items.

Please put the items in **bold** at the top of your shopping list, and help Blackburn Center manage donations by bringing only new items. If you have used items to donate, the agency can provide a list of thrift shops in the area that make items available to Blackburn Center shelter residents at no cost to them.

### PLEASE NOTE:

Deliver donations to Blackburn Center's administrative offices on Tuesdays and Thursdays from 9 AM to 4 PM. Please call if you cannot bring your donation during regular business hours. We can make other arrangements if necessary.

### ■ KITCHEN

Baking pans:  
9"x13" aluminum  
BBQ sauce  
Coffee (regular)  
Coffee creamer  
Condiments  
Cooking oil  
Cooking utensils  
Dish drainers  
Dishpans  
Dishwasher detergent  
**Food items:** any canned food, other non-perishables, etc.\*  
Tall kitchen garbage bags  
Paper products: paper towels  
Paper towel holders  
Silverware (sets of 4)  
Skillets  
Small appliances: coffee maker, can opener, knife sharpener, toaster, mixer  
**Zip-lock bags:** 2 gallon sizes

\*Food items we especially need include: all kinds of soups, condiments (mayonnaise, mustard and catsup), jelly, cake and brownie mixes, canned tuna, canned chicken and other meats, canned or bottled juices.

### ■ BATHROOM

Bath mats  
**Garbage bags:** 8 gallon size  
Paper products: toilet paper  
Shower curtains and rings  
Soap dispensers  
Towels: durable, bath and hand towels and washcloths

### ■ BEDROOM

Bed pillows  
Bed-in-a-bag sets  
**Garbage bags:** 8 gallon size  
Night lights

**Pajamas:** Women's sizes

S, M, L & 3X:  
Children's sizes  
girls 4, 5, 6, 7 & 8  
boys 2, 3, 5, 10 & 12

### ■ PERSONAL CARE

**Hotel-size items are no longer needed.**

Conditioner  
Body wash  
**Hairbrushes**  
Hand lotion

### ■ MISCELLANEOUS

Baby wipes  
Bras: all sizes  
Bottled water  
Brooms  
Buckets  
**Clear plastic bins:**  
(approx. 24" L x 16" W x 12" H - 66 qts.)  
Diaper rash ointment  
**Diapers:** Sizes 3, 4, 5, 6+  
Eye contact solution  
Fabric softener sheets  
Flashlights

### Gasoline cards

(GetGo or Sheetz)

### Gift cards

(Giant Eagle or Walmart)

Laundry detergent  
Laundry baskets  
**Markers:** washable  
Mops  
Nasal aspirators  
Outdoor garbage bags  
**Play-Doh** (brand name)  
**Pull-up diapers:** larger sizes  
Sun screen: SPF30 or more  
**Sweat suits:** all adult sizes  
Telephones  
Tool kits

**Underpants:** boys & girls all sizes; women's sizes 5, 6, 7, 8, 9



PO Box 398  
Greensburg, PA 15601-0398

Address Service Requested

Nonprofit Organization  
U.S. Postage  
**PAID**  
Permit No. 648  
Greensburg, PA

**Blackburn Center Against Domestic & Sexual Violence** is a private, not-for-profit organization that provides 24-hour hotline services, counseling, advocacy and support groups to survivors of domestic violence, sexual assault, incest, child sexual abuse, and sexual harassment; emergency shelter is available to survivors of domestic violence and their dependent children. Blackburn Center also provides community education, school student awareness programs, and in-service professional trainings throughout Westmoreland County.

### Contact Information

Office 724-837-9540  
Fax 724-837-3676  
Hotline 724-836-1122  
Toll Free Hotline 1-888-832-2272  
Website [www.blackburncenter.org](http://www.blackburncenter.org)

**Blackburn Center** is funded in part by United Way of Westmoreland County, PA Department of Public Welfare funds, including Title XX and Act 44 funds, foundations and local contributions.

A copy of official registration and financial information for Blackburn Center may be obtained from the PA Department of State by calling within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.

### 2015-2016 Board of Directors

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### LIVE UNITED

 **United Way of Westmoreland County**  
**Donor Designation 382**