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.® 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 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) 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!

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.

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 to learn more, or call us at 1-888-832-2272 or 724-836-1122.

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. 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.
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. Vernal
Rose Marie Plundo
Georgine Dorundo
Gary Rungay
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
Benny and Betsy Borza
Joy Heathner
Ruth K. Fowler
Bobbie Hineline
Patricia Benton
Jean McKenna
Ernie and Ann Emmerling
Carmella Neil
Calli-Marie and Alessandra Neil
Ann M. Schraans
Bill and Cathy Reeves

GENERAL
First Baptist Church Esther Circle
First United Church of Christ
Women's Fellowship
Beta Y-Gradale-Scottsdale
Beth Altine
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 Ebets
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
Barty and JoEllen Numerick
Dona Marie Ray
Thomas and Diana Roberts
Christopher Robertshaw
Rostrover Grange 919
Betty Rushbrook
TMR Roofing
Virginia Turner

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

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.

In 1853, Esther Howland brought young girls into her Massachusetts home to band 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.
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.

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### KITCHEN
- **Baking pans:** 9”x13” aluminum
- **BBQ sauce**
- **Coffee (regular)**
- **Coffee creamer**
- **Condiments**
- **Cooking oil**
- **Condiments** (mayonnaise, mustard and catsup, jelly, cake and brownie mixes, canned tuna, canned chicken and other meats, canned or bottled juices)

### 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**
- **Underpanties:** boys & girls all sizes, women’s sizes S, M, L & 3X:
  - Children’s sizes girls 3, 4, 5, 6, 7, 8, 9 boys 2, 3, 5, 10 & 12

### BATHROOM
- **Bath mats**
- **Garbage bags:** 8 gallon size
- **Shower curtains and rings**
- **Soap dispensers**
- **Towels:** durable, bath and hand towels and washcloths

### BEDROOM
- **Bed sheets**
- **Bed-in-a-bag sets**
- **Garbage bags:** 8 gallon size
- **Night lights**

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<table>
<thead>
<tr>
<th><strong>KITCHEN</strong></th>
<th><strong>PERSONAL CARE</strong></th>
<th><strong>MISCELLANEOUS</strong></th>
</tr>
</thead>
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</tr>
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<td><strong>Eye contact solution</strong></td>
</tr>
</tbody>
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### 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

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.

#### Blackburn Center Against Domestic & Sexual Violence
PO Box 398
Greensburg, PA 15601-0398

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Greensburg, PA 15601-0398

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### 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.

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**2015-2016 Board of Directors**
- **President:** Sheri Boyle
- **Vice President:** Jerry Supko
- **Secretary:** Becky Campbell
- **Treasurer:** Len Caric
- **Members:** Sheila Confer, Clare Dooley, Lauren Farrell, Mary Ann Gawelek, Carley Huffman, Irene Rothschild, Ruth Tolbert

**Executive Director:** Ann Emmerling
**Solicitor:** QuatriniRafferty, PC

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**Blackburn Center Against Domestic & Sexual Violence** 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.

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