



# COMMON THREADS



Summer 2019



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*Sexual Awareness Training in the Community*



*Knowing How To Respond to Domestic Violence*



Domestic Violence and Sexual Assault Services

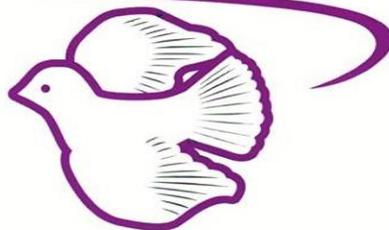
**24 Hour Helpline (814) 274-0240 or Toll free (877) 334-3136**

## Mission Statement

The mission of *A Way Out* is to assist and support all victims, survivors, and families of domestic violence and sexual assault through ethical, culturally competent, and compassionate services.

We advocate for social change designed to end the cycle of abuse through dedication, community involvement and education.

**A WAY OUT**



## Correction to our Spring Newsletter...

In our article about the Christmas House move, we incorrectly stated that they were sponsoring a new program to assist food bank clients with household essential items such as personal hygiene products, toilet paper, paper towels, tissues, cleaning and laundry supplies, etc.

This program is actually being sponsored by the **First Presbyterian Church**, using the Christmas House space.

They are collecting donations and making those available to those in need. Our sincere apologies for this error.



## NEW FACES AT A WAY OUT

We recently welcomed two new staff members **Rae Ann Preston** as our new Education Specialist and **Mona Paro** as one of our Legal Advocates. Feel free to stop by and welcome Rae and Mona!

## Donation WISH LIST...

- Toothbrushes
- Toothpaste
- Deodorant – men's and women's
- Paper towels
- Cleaning supplies
- Disinfecting wipes
- Baking Soda
- White Vinegar
- Laundry detergent
- Soap
- Baby wipes
- Diapers – all sizes
- Shampoo and Conditioner



Sheetz Gas Cards and Laundromat Tokens are also very helpful for our clients.

We also gratefully accept gently used clothing, linens, bedding and household items.

## SAFELINK FREE WIRELESS PROGRAM



The Lifeline program is available eligible consumers. To be eligible, subscribers must either have an income that is at or below 135% of the federal Poverty Guidelines or participate in on of the following assistance programs...Medicaid, SNAP, SSI, Section 8 housing or Veterans and Survivors Pension Benefit.

Subscribers must apply on-line. To find out more information about this benefit, go to <https://www.safelinkwireless.com/enrollment>. If you do not have access to the internet, give us a call here at A Way Out and you can schedule time for us to help you apply online.

## OTHER HELPFUL LINKS...



**PAHousingSearch.com** is a free service to find affordable homes and apartments across Pennsylvania. Search on line or call 1-877-428-8844.

**PA Safe Law** is a free and credible source of legal information, resources, and referrals for help navigating a variety of civil legal matters including domestic and sexual violence, divorce, custody, immigration, and more.

**PA Safe Law** is a unique civil legal information project of the Pennsylvania Coalition Against Domestic Violence (PCADV), made possible with grant funding from the Victims of Crime Act (VOCA). Victims of domestic violence and other crimes in Pennsylvania can access a network of experienced licensed attorneys through phone, email or chat. Resource and information are also available on [PASafeLaw.org](http://PASafeLaw.org) by topic.

You can also call their helpline at 1-833-PA-SAFE-LAW, Mon-Fri, 9AM – 5 PM



# How to Keep Someone Off Your Property\*

If you would like to keep someone out of your home or off your property, the laws about defiant trespass may help you.

## ***What is defiant trespass?***

Under Pennsylvania law 18 Pa.C.S.A. 3503(b), a person commits the crime of defiant trespass if he or she comes onto or stays on your property after being told to stay away. You can tell a person to stay away from property that you either own or rent.

## ***How can I tell someone to stay away?***

**In person.** It is best to have a witness present when you do this; or

**By mailing or handing the person a letter.** If you hand the letter to the person, you should have a witness present. If you mail the letter, you should send it by certified mail, return receipt requested, restricted delivery, so that you can prove that the person got it. If you think that the person might not accept certified, it may be best to send the notice by both certified and regular mail. Send a copy of your letter to the local police department also.

You can also keep intruders off your property by posting a notice on the property, in a place where an intruder is likely to see it, or by putting up a fence or some other enclosure around your property.

## ***Who can I tell to stay away?***

You can tell anyone to stay away if the person has no right to come into your home or onto your property. For example, you can tell an ex-boyfriend, an ex-girlfriend, a former spouse, or a former friend to stay out of your home or apartment.

You *cannot* tell someone to stay off your property if the person has the legal right to be there. For example, if the person's name is on the deed or lease; or there is no written lease, but you and the person rented the dwelling unit together. *If you have any questions about whether someone has the right to enter your property you should seek legal advice.*

## ***What happens if the intruder refuses to stay away?***

If a person comes onto your property despite being told to stay away, you should contact the police. Tell them that you want to prosecute the person for defiant trespass. If the police will not file charges, you may be able to do so yourself by going to the Magisterial District Judge's office that covers the area where you live.

## ***What can I do if the defiant trespass laws don't apply?***

There still may be steps that you can take. If the person is a present or former spouse, family member, boyfriend or girlfriend and has been physically violent or physically threatening toward you, you might be able to file a Protection From Abuse (PFA) case to keep him/her off your property.

If you feel you need to file a PFA, **A Way Out** can assist you with that process. Call 814-274-0368 during business hours or the hotline at 814-274-0240 or toll free at 877-334-3136.

*\* This content is from the PA Legal Aid Network brochure, "How to Keep Someone Off Your Property". For more information about other legal resources, call 800-322-7572 or go online to [www.PALegalAid.net](http://www.PALegalAid.net)*





# SEXUAL ASSAULT AWARENESS MONTH



On April 29<sup>th</sup>, we had the pleasure of having some wonderful individuals provide education on their services provided by the Child Advocacy Center in McKean county, as well as great information and resources from a SANE nurse in McKean county! Our Sexual Assault Counselor, Jennifer Caber, had the pleasure of collaborating with these educators to gain better knowledge on resources and the effects of sexual assault. We would like to take the opportunity to thank all of our speakers for providing resources, education, and the ability to help our community.

**and we have an extra little helper...**



Young Camden has been helping A Way Out counselor, Jennifer Caber, with her outreach activities. He loves working with his mom. Thank you, Camden!



# Knowing How to Respond to Domestic Violence While it is Occurring

## Ask yourself if it's safe to intervene

Safety is key in deciding when and how to respond to domestic and sexual violence while it's occurring. If the situation is already violent or looks like it's escalating quickly, don't directly intervene. Call 911.

### Distract

If you've decided that you can safely intervene, you can create a distraction in an indirect and non-confrontational way. You can disrupt the situation just by talking, like striking up a conversation about anything to help keep a potentially dangerous situation from escalating. Your goal is to prevent a situation from getting worse, or better yet, buy enough time to check in with the potential victim and ask them if they are okay.

**TIP→** Ask for directions, the time, help looking for a lost item, or anything else that you think might keep them from leaving quickly. Better yet, if you can use a distraction that will get you a moment alone with the victim, you may have a moment to check with him/her and see if he/she wants any help. "Hey, I think your car is getting towed outside. I will stay here with your friend, while you go and check it out." "Hey do you mind if I steal my friend for a second? It's an emergency."

### Direct

If you don't have a lot of time, you can still speak out and say what's happening isn't right and reassure the mistreated person they don't deserve these actions. If you feel comfortable approaching the victim, you could check in and simply say, "I'm concerned about what just happened. Is anything wrong?" You can also let them know that FREE and CONFIDENTIAL help is available help for victims, their children & pets. Save the number of the National Hotlines in your phone in case you meet someone who needs it.

### Delegate

If you don't feel comfortable directly talking with someone or distracting them, look for someone else who might be able to help you intervene – power in numbers can be one of the most valuable tools, or you can look for someone else who might be in a better position to get involved – i.e. tell the bouncer, find the person's friends, or call the authorities.

This article and additional information can be found at [NOMORE.org](https://www.nomore.org)



**NOMORE**  
TOGETHER WE CAN END  
DOMESTIC VIOLENCE & SEXUAL ASSAULT



## What is Trauma?



When we think of trauma, we sometimes think of a serious event or something that has happened to us either past or present that causes great distress to someone.

Trauma is defined as a psychological, emotional response to an event or an experience that is deeply distressing or disturbing. Trauma overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.

Victims who experience abuse by the very person they trust, or love can cause long lasting trauma on the individual. Some signs of trauma can include sadness, anger, denial, fear and shame which can lead to nightmares, insomnia, difficulty with relationships, and emotional outbursts.

Often when someone experiences trauma it can be defined in terms of a small "t" or a large "T." Small "t" traumas would be a circumstance where one's bodily safety or life is not threatened but cause symptoms of trauma. These events set one off-kilter and disrupt normal functioning whereas, large "T" trauma's bring severe distress and helplessness.

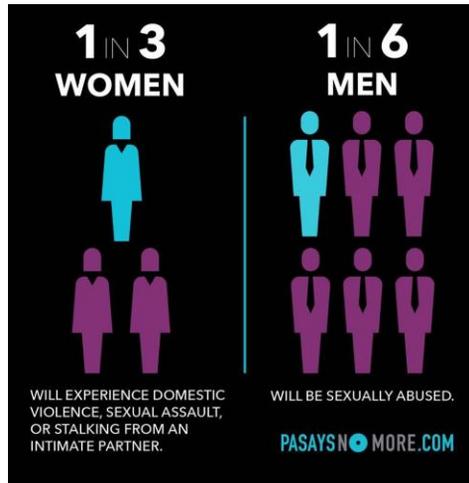
They may be one-time, like acts of terrorism, natural catastrophes, and sexual assault, or they are prolonged stressors like war, child abuse, neglect, or violence. Large "T" traumas are much more difficult or even impossible to overlook, yet they are often actively avoided. For instance, people may steer clear of triggers like personal reminders, certain locations, or situations like crowded or even deserted places. And they may resist confronting the memory of the event.

As a coping mechanism, this only works for so long. Prolonging access to support and treatment prolongs healing. Individuals who experience either sexual assault or domestic violence can have long term effects which, left untreated, can lead to sickness, dizziness, nausea, and headaches, or in some cases, left too long, can lead to PTSD.

# Domestic Violence Word Search

## Words List

presumptive arrest  
 fear  
 control  
 victim  
 aggressor  
 emotional  
 verbal  
 physical  
 sexual  
 injury  
 threats  
 manipulation  
 intimidation  
 isolation  
 low self esteem



**NO MORE**  
 TOGETHER WE CAN END  
 DOMESTIC VIOLENCE & SEXUAL ASSAULT

F	K	K	T	U	B	D	M	L	S	D	P	X	Q	P	S	U	R	Y	C
V	I	C	V	E	D	I	G	L	P	Y	L	R	Z	I	K	T	K	O	G
V	G	J	L	I	E	A	A	S	E	X	U	A	L	W	U	R	V	W	N
D	Z	I	H	L	S	C	R	O	O	G	M	F	B	P	F	V	P	Z	G
D	M	F	C	K	O	O	P	N	P	P	N	N	L	R	J	E	H	G	R
K	I	F	A	R	H	W	L	R	G	V	O	X	T	E	E	B	D	P	Q
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J	V	A	P	I	G	O	D	L	U	F	O	S	G	P	I	S	D	B	I
V	P	E	E	I	A	I	U	X	P	Z	E	N	D	T	R	H	A	D	I
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J	K	L	O	I	E	Z	P	N	Z	P	J	L	T	V	S	K	O	J	N
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G	K	R	N	X	Q	I	A	N	Y	E	Q	I	S	R	G	X	J	T	F
U	B	W	A	I	C	R	A	X	I	M	Y	Y	U	E	G	Y	X	N	N
F	T	Y	L	A	X	M	R	O	X	P	T	O	Y	S	A	L	L	H	F
R	B	H	L	N	K	Y	L	T	L	J	R	F	I	T	O	S	V	U	M

# MARK YOUR CALENDAR...

- **MATERNITY CLOSET** - St. Eulalia's Church, Coudersport, 1<sup>st</sup> Saturday of each month, 10:00am – Noon.



- **FOOD BANKS:**

**Coudersport** / Alliance Church – every Tues & Thurs, 10:30am – 1:30pm, 4<sup>th</sup> Thursday, 5:30-7:30pm, 3<sup>rd</sup> Friday, 10-11am, 814-274-0793

**Austin** / Methodist Church, 3<sup>rd</sup> Wednesday, 11am-1pm, 814-647-8740

**Roulette** / Firehall, 4<sup>th</sup> Tuesday, 4:30 – 5:30pm. 814-544-7365

**Ulysses** / Zion Christian Assembly, 4<sup>th</sup> Thurs., 10-11am. 814-848-7407

**Galeton** / St. Paul Lutheran Church, 4<sup>th</sup> Friday, 10-11am. 814-435-2471

**Shinglehouse** / Methodist Church, 4<sup>th</sup> Saturday, 9-10am. 814-697-6191

- **CHRISTMAS HOUSE** – Monthly Distribution of household essentials 2<sup>nd</sup> Tuesday 9:30-11:30am at the First Presbyterian Church, corner of Fourth and Main, Coudersport. **814-274-0825**

*NOTE: Times may change so it's a good idea to call ahead to confirm days and times(<:*



- **AA MEETINGS:**

**TUESDAY**

8pm @ Christ Episcopal Church, Coudersport

**WEDNESDAY**

Noon @ St. Paul's Lutheran Church, Coudersport and  
8 pm @ St. Eulalia's Catholic Church, Coudersport

**THURSDAY**

AL-ANON, 6-7pm @ First Presbyterian Church,  
Coudersport

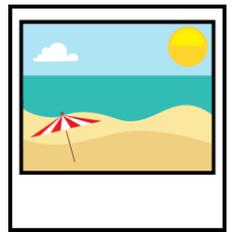
AA, 7pm @ Park United Methodist Church, Coudersport

**FRIDAY**

8pm @ St. Augustine Rectory, Austin and  
Noon @ First Presbyterian Church, Coudersport

**SATURDAY**

8pm @ Galeton Presbyterian Church





Be sure to LIKE us on Facebook and watch for upcoming events and fundraisers!



**JUNE Federal Food Bank Days**

AUSTIN Methodist Church – June 18<sup>th</sup>, 12:30 – 1:30 pm

COUDERSPORT Alliance Church – June 21<sup>st</sup>, 10-11 am

GALETON St. Paul Lutheran Church – June 28<sup>th</sup>, 10-11 am

ROULETTE Firehall – June 25<sup>th</sup>, 4:30 – 5:30 am

SHINGLEHOUSE Methodist Church – June 22<sup>nd</sup>, 9-10 am

ULYSSES Zion Christian Assembly – June 27<sup>th</sup>, 10-11 am



***Closed Office Holidays for 2019:***

July 4<sup>th</sup> – Independence Day

September 2<sup>nd</sup> – Labor Day

November 11<sup>th</sup> – Veterans Day

November 28<sup>th</sup> and 29<sup>th</sup> – Thanksgiving

December 25<sup>th</sup> and 26<sup>th</sup> – Christmas

January 1<sup>st</sup> and 2<sup>nd</sup> – New Years 2020



*If you need assistance outside of regular business hours or on a holiday, you can call the 24 hour Helpline at 814-274-0240 or toll free at 1-877-334-3136.*

[www.myawayout.org](http://www.myawayout.org)

