

# COMMON THREADS

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A decorative border of autumn leaves in shades of orange, red, and yellow, arranged in a curved path around the bottom and right sides of the page.

Fall 2018

# A LETTER FROM THE DIRECTOR

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## Greetings,

Every year, the month of October is set aside to bring awareness about domestic violence. Domestic violence is a legitimate subject matter that exists in our society, knowing no boundaries and affecting all races and ethnicities regardless of gender, sexual orientation, age, and socioeconomic status. Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined. Domestic violence does not discriminate; women, men, and children of every background, age, and belief, are impacted by domestic violence, and in fact, no community is free from violence. In the United States alone, more than three women are murdered by their husbands or boyfriends on a daily basis, with a woman being assaulted or beaten every nine seconds. Many victims of domestic violence feel they have nowhere to turn for help. A Way Out is available to aid all victims of domestic violence in Potter County.

The services offered by A Way Out are critical, and can have a powerful, meaningful, and lasting impact. Ninety-two percent of women surveyed in the United States have listed reducing domestic violence as a top concern. A Way Out is on the front line of seeing this becoming a reality. The mission of A Way Out is to assist and support all victims, survivors, and families of intimate partner (domestic) violence and sexual assault through ethical, culturally competent, and compassionate services that include empowerment, shelter, safety planning, crisis counseling, and support. We advocate for social change designed to end the cycle of abuse through dedication, community involvement, and education. Domestic violence thrives when we are silent; but if we take a stand and work together, we can end domestic violence. Throughout the month of October, help A Way Out raise awareness about domestic violence and join in our efforts to end violence.

Again, thank you for your continued support.

Sincerely,

Dave Hyde  
Executive Director



# RECOGNIZING SIGNS OF ABUSE

Written By: Judy Brown

So you've found the perfect partner in life! This is the moment that most of us look forward to. It seems that from the time we can walk and talk, most of us are pointed in the direction of finding our perfect mate. We all imagine what the perfect relationship would mean to us and what we would expect from that type of relationship.

Well some research would tell us that you look at a person's past as a predictor of their behavior. A troubled past such as, a traumatic or abusive childhood, a history of drug or alcohol abuse, or a previous criminal record, can predict problem behaviors. However, others would argue that everyone can change and overcome a troubled past. And sometimes looking at a person's present behaviors may be a better predictor of the types of behaviors they might be more prone to.

Here are some behaviors that could be signs of abusive behaviors to come:

- Feelings of privilege ~ Thinking, (and telling you) they are smarter, better educated, wealthier, prettier or more handsome, or more popular than you or others like you.
- Bullying ~ They seem to enjoy bullying others who have wronged them or are different in some way. This may include you.
- "Fast Mover" ~ Wants almost "instant" commitment within a day or so of starting to date. A "you are the one" need to move in together or get married after a few days or a couple weeks. Rather than this being all "Honey and Roses", it usually is a sign of wanting to get full control of the other person.
- Animal Cruelty ~ A report from the ASPCA says that abusers that harm pets are more likely to use more dangerous and aggressive forms of violence toward their loved ones and are more controlling.

Signs of control are usually very subtle and may start by WANTING TO CONTROL:

- What you wear.
- Where you go and how long you're gone.
- Who you talk to or text at home or at work.
- Going through your phone, email, to look at private conversations.
- Ties with family.
- Where or even IF you can work.

If you are unsure of a new or current relationship, you can reach out to a Domestic Violence Advocate to discuss your concerns. They can help in many ways such as recognizing warning signs, developing safety plans, or offering shelter. Call A WAY OUT at (814) 274-0240 or our 24HR Hotline at (877) 334-3136.



# Looking at animal abuse data in Pennsylvania as we approach the anniversary of Libre's Law



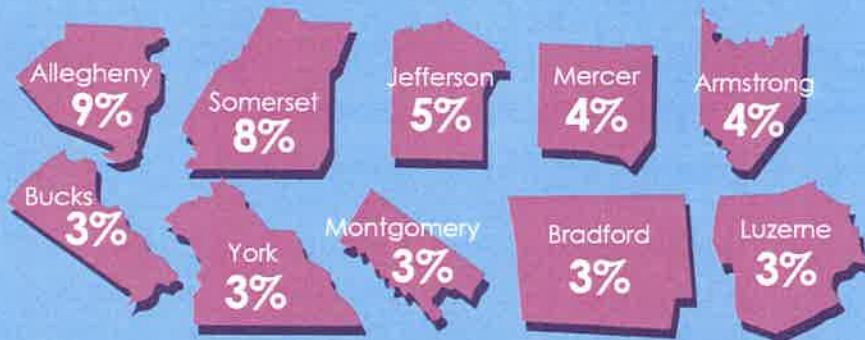
## What is Libre's Law?

Libre, a Boston Terrier puppy who was found badly neglected and abused in July of 2016, inspired an anti-cruelty law (Act 10) that **strengthened protection** for animals and **increased penalties** in Pennsylvania - including the ability for aggravated animal cruelty to now be charged as a felony.



All data refers to cases and offences filed from 8/27/17-6/30/18.

## Top 10 counties with the highest number of animal abuse cases:



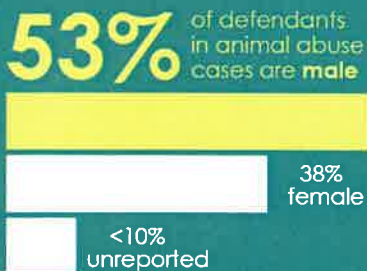
Total # of cases filed = 1,570

**70%**  
(2,841 offenses) of animal abuse offenses were filed for neglect of an animal

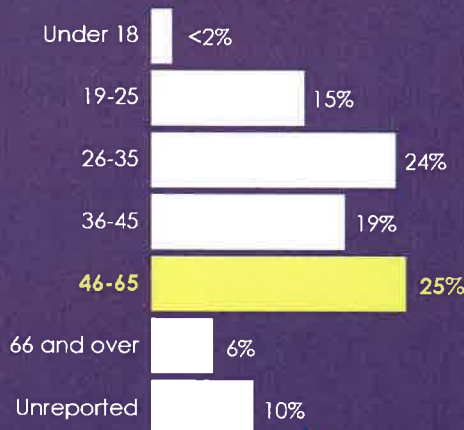


Total # of offenses filed = 4,063

## Gender of defendants:



## Age of defendants:



## Multiple offenses can be filed against a defendant in an animal abuse case.

While over **4,000 animal abuse offenses** were committed this past year, only **1,034 defendants** were involved in **1,570 cases**

\*\*\*All data refers to cases and offenses filed from 8/27/2017- 6/30/2018 for Title 18- Sections 5532 (Neglect of animal), 5533 (Cruelty to animal) and 5534 (Aggravated cruelty to animal) as recorded in the Magisterial District Judge System (MDJS) and Common Pleas Case Management System (CPCMS).









**New Programs at A WAY OUT**

**Car Seat Program**

**YOU MAY QUALIFY FOR A FREE CAR SEAT!**

**POTTER COUNTY CAR SEAT PROGRAM**

**A WAY OUT**, in partnership with the **Department of Transportation** and the **American Academy of Pediatrics** is sponsoring a Car Seat Program for Potter County families.

This is an effort to make sure all children have the benefit of having **up-to-date, safe and appropriate** car seats.

This can be at **little or no cost** to you.

**Parents** are required to take a short training and must have installed car seats checked out by an authorized trained professional.

A \$20.00 rental fee will be charged with waivers available to be determined by eligibility guidelines.



**Children In Between**

All parents share a desire to minimize the impact of separation and/or divorce on children. Each situation is unique and it can be challenging to know how to keep children out of the middle. The Children in Between workshop offers tips to separating parents to aid in establishing successful co-parenting partnerships, strengthening parent-child bonds, and helping children thrive as families restructure. Our Program will be announced on our Facebook page and with the Location: 110 E. 3rd Street, Coudersport, PA 16915 Sponsored by Potter County Human Services and A Way Out. For registration or any questions please feel free to contact A Way Out at (814) 274-0368 or Potter County Human Services (Mary) at (814) 558-8940.



## Transitional Housing

This newly developed program here at A Way Out offers help to individuals who have been a victim of either domestic violence or sexual assault and need help in obtaining safe housing. Please feel free to call our office at 814-274-0368 for further questions.

## Economic Justice Program

This newly developed program is to help survivors of domestic violence and sexual assault overcome immediate economic barriers and to secure long-term financial independence and safety by enhancing financial and career empowerment. For further information and questions, please feel free to contact our office at 814-274-0368



## Lethality Assessment Program

This assessment is used in conjunction with our local law enforcement and is utilized by an evaluation that is completed by law enforcement. This survey is to check the level of danger of the victim, and victims are then referred to our agency for further services.



# Upcoming Events:

October is Domestic Violence Awareness Month

**Gospel FARM RACE**

**HARVEST FEST 2018**

**SATURDAY, OCTOBER 13TH 2PM- 4PM**

CANDY, GAMES, TRUNK OR TREAT, FUN FOR THE WHOLE FAMILY  
420 US-6, COUDERSPORT, PA 16915

FOR MORE INFORMATION CALL: (814) 274-7573

**Halloween SPOOKTACULAR!**

**FRIDAY OCTOBER 19 (rain date Oct. 20)**

7:00-8:30 pm

COME IN COSTUME...BRING YOUR TRICK OR TREATS BAG!

A: Lyman Run State Park

This is a free program- designed for FUN not scares!  
Bring the little ones

Trick or Treat through the HAUNTED PICNIC GROVE!

Walk through the enchanted ILLUMINATED FOREST...FOLLOW THE MAGIC PATHWAY!



**Parks & Forests**

Here is the Schedule of Events at  
**God's Adventure Camp**  
this Summer and Fall:



August 11	Family Fun Day @ the Fair
August 13,14	Horse Day Camp
September 22	Great American Shootout
October 13	Harvest Celebration
November 9,10	Ladies' Retreat

We hope you can get involved!

For more information, go to [www.godsadventurecamp.com](http://www.godsadventurecamp.com)

Call 814-544-8045

Email [ybdivegac@gmail.com](mailto:ybdivegac@gmail.com)

Or text 814-203-9675

**Knickerbockers**  
Portrait Fundraising  
America's Premier Portrait Photography Company for over 30 Years™

OVML Fundraiser October 2018

Sign up now - makes great Christmas gifts!

The photographer will be at:  
Oswayo Valley Library  
on: Oct 26 + 27<sup>th</sup>  
For an appointment, call:  
647-6691

[www.knickerbockers.biz](http://www.knickerbockers.biz)



# Upcoming Events:

October is Domestic Violence Awareness Month

**A WAY OUT**  
WILL BE AT THE COUDERSPORT  
FALL FESTIVAL ON OCTOBER  
5TH AND 6TH 2018.

Come visit us, bring a donation of a  
cleaning supply/ personal care item  
and we will give you a free raffle ticket  
for our fall basket!

COUDERSPORT, PENNSYLVANIA  
814-274-0240

**Throw 4 Serenity**  
Hope, Help, Courage, Freedom

**FALLING LEAVES FESTIVAL**  
COUDERSPORT, PENNSYLVANIA

## CORNHOLE

**TOURNAMENT FUNDRAISER**  
*The Serenity Scholarship Fund*  
BRINGING HOPE TO ADDICTION AND  
CO-OCCURRING MENTAL HEALTH RECOVERY

**Saturday, October 6, 2018**

**\$20 PER TEAM**    REGISTRATION 9 - 11 AM    BAGS FLY 12 PM

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> PLACE PRIZES**

ORGANIZED BY: ANDY ALTMAN  
RESERVE YOUR TEAM'S SPOT - SERENITYSCHOLARSHIP@GMAIL.COM

**A WAY OUT**  
**Light up the  
night during the  
Candlelight Vigil.**

**DOMESTIC VIOLENCE AWARENESS**  
**SATURDAY OCTOBER 5, 2018**  
**5:00 pm Courthouse Square**  
**Coudersport**

Domestic Violence Awareness Month

## A WAY OUT

**Free Family Event**

Time: 6pm - 8pm  
Saturday October 20th, 2018  
Coudersport Square and Gazebo

**Live Music**  
By: **Dan Roche**

Refreshments:  
Hot Cocoa  
Apple Cider  
Donuts

8:00PM  
Awareness Walk

You can earn FREE raffle tickets for baskets and drawings!  
READ THE POST BELOW AND FIND OUT HOW!

QUESTIONS? CALL 814-274-0240

### Pennsylvania Lumber Museum Associates

For Information Contact: PA Lumber Museum

P O Box 239, Galeton, PA  
(814) 435-2652

**37th Annual Antique and Collectible Show and Sale**

**Saturday, October 6 - 9:00 a.m. to 4:00 p.m.**

**Sunday, October 7, - 9:00 a.m. to 3:00 p.m.**

**Sawmill Saturday Only \* Birch Still, Blacksmith, Shingle Mill,  
Hay Rides, Apple Press, in operation both days**

The Pennsylvania Lumber Museum Associates will host their 37<sup>th</sup> Annual Antique and Collectible Show and Sale at the Lumber Museum Saturday, October 6, 2018 between 9:00 AM and 4:00 PM and Sunday, October 7, 2018 between 9:00 AM and 3:00 PM. The Museum is located on Route 6 near mile marker 187 ten miles West of Galeton and ten miles East of Coudersport

# How parents can protect kids from sexual abuse

Written by: Dr. Edith Bracho-Sanchez



The Vatican is still reeling from a damning report released by a grand jury earlier this month in Pennsylvania that found 300 Catholic priests across the state had abused more than 1,000 children in the past 70 years, and the fallout from an explosive letter that accuses Pope Francis of covering up a sex abuse scandal in the U.S. The news of sexual abuse and a possible cover-up in the Catholic Church has left me horrified, saddened, and deeply concerned.

As a pediatrician, caring for the well-being of children is what I am trained to do. The thought of a haven where I have found so much peace being, secretly, the place of so much suffering for children has been difficult to comprehend. So I am doing what I know to do: helping parents keep their children safe. Here is some of the advice I've been sharing.

First, know that sexual abuse of children is not on the rise. Context is key. According to our best estimates, sexual abuse of children is not actually more common now. The stories are horrible and every child who is abused is one child too many, but it is important to know children are not at greater risk today. That said this is still something we must take seriously, as almost 300,000 children experience sexual abuse every year, according to the latest government statistics.

Second, it is important to know we are not talking about "stranger danger." Many parents believe their kids are at greatest risk of being abused by a stranger, but 9 out of 10 times the abuser is known to the child, according to numbers from the University of New Hampshire Crimes Against Children Research Center. Read that again. These children know their abusers.



**With that context, here are the things you can do at home to minimize the risk of sexual abuse to your children:**

1. **Teach children the appropriate name for body parts.** Both the vagina and the penis are normal parts of a child's body, and should be called by those names at home. If your family has a preferred nickname at home, that's of course up to you, but please teach the real names too. Talking about them in this context is a great way to teach body awareness, and a way to ensure if your child ever has to run to another adult for help, that adult will understand immediately what is going on, and help your child.
2. **Be explicit: private parts are private.** As you are teaching body awareness, be very clear -- nobody is allowed to touch you in your private parts.
3. **Have a conversation about what to do if someone makes your child uncomfortable.** Talking about an uncomfortable and potentially dangerous situation ahead of time will ensure your child will know how to react. In this conversation I recommend parents tell their kids to come to them with concerns and I also recommend parents explicitly say "I will believe you, I will be on your side, I will help you, and I will love you no matter what happens or who is involved." Abusers who are in positions of power will often tell children they won't be believed or loved. Children are often told to be polite to adults, but let them know that if something feels wrong, you are perfectly fine with your child being "impolite."
4. **Encourage healthy boundaries.** Everyone loves a hug from a toddler, but I'm asking families to allow the toddlers to initiate the hugging and any other physical contact, for that matter. This sends a message to toddlers and young kids that they are in charge of their own bodies.
5. **Secrets are not a good thing.** I also ask parents to teach children that no other adult or child should ever ask them to keep a secret from mom or dad.
6. **Be aware of circumstances.** Know where your kids are, who they are with, and be careful of circumstances that could put them at risk. A large sleepover, for example, is a circumstance in which one child could be missing for a period of time without anybody noticing.
7. **Trust your gut.** If there is ever an adult who is making your child feel "extra special" or who just gives you the wrong vibe, trust yourself and your instincts and remove your child from the situation.

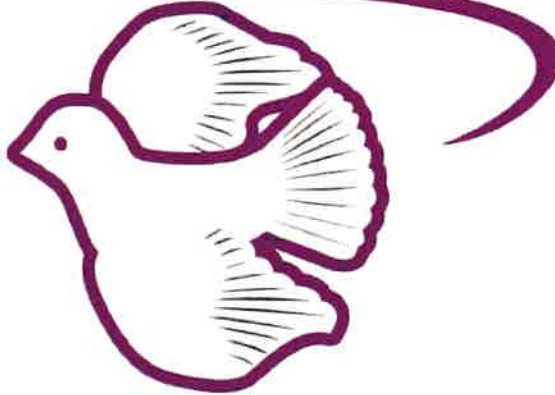
Resources:

*\*Dr. Edith Bracho-Sanchez is a pediatrician and a consultant for ABC News. Opinions expressed in this column do not necessarily reflect the views of ABC News.*

*\*<https://www.goodmorningamerica.com/wellness/story/parents-protect-kids-sexual-abuse-column-57629168>*



# A WAY OUT



A Way Out is a nonprofit serving survivors of domestic violence and sexual assault, as well as their families. We serve all survivors and loved ones regardless of gender, age, sexual orientation or gender expression. All our services are free and confidential.

A Way Out offers counseling, legal advocacy, medical advocacy, survivors groups, community education, and other supportive services.

For more information:

Facebook.com/awayout

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

Toll free hotline: (877) 334-3136

Office Number: (814) 274-0368

awayout@zitomedia.net