

# COMMON THREADS

Spring 2022



*In this issue...*



April is **Sexual Assault Awareness Month**  
and **National Child Abuse Prevention Month**



*Paint-N-Sip events and A Magic Show to  
welcome spring. Mark your calendars!*



In May we show our appreciation to  
**School Nurses (May 11<sup>th</sup>)**  
**Law Enforcement (May 11<sup>th</sup> - 16<sup>th</sup>)**  
**EMS workers (May 15<sup>th</sup> - 23<sup>rd</sup>)** and mark  
**Children's Mental Health Awareness Week, May 1<sup>st</sup> - 7<sup>th</sup>**



June is **LGBTQ Pride Month** and **Elder Abuse  
Awareness Month.**



Domestic Violence and Sexual Assault Services

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

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





## 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.



*Are you, or someone you know, considering leaving an abusive situation, but not sure how? We can help.*

*Our advocates are here to help you begin a new life, free from abuse. We are just a phone call away, 24/7 at 814-274-0240 or toll free at 877-334-3136.*

Our **Learning Center** at [www.myawayout.org](http://www.myawayout.org) has a series of links and short presentations about how to obtain a protective order for protection from abuse, protect your finances, tech safety tips, as well as divorce and custody options.

Additionally, we have a page listing **Local Resources** as well as a **Survivor Online Support** page that lists a wide variety of nationwide online support groups that provide anonymous forums offering support and discussions with other abuse survivors.

*There is help and there is hope. You are not alone.*

Register for a  
**Paint 'N Sip**  
event in your area from  
our website at  
[www.myawayout.org](http://www.myawayout.org) ,  
events on our FB page  
or call us at  
814-274-0368.  
Spaces are limited.

*Spring Ahead Paint 'n Sips*

*Proceeds benefit A Way Out*

**Shinglehouse, April 3rd, 4p-6p, American Legion**  
<https://conta.cc/367MW7T>

**Austin, April 28th, 6p-8p, Austin VFW**  
<https://conta.cc/3JCFLDg>

**Galeton, May 4th, 6p-8p, Galeton Moose Lodge**  
<https://conta.cc/3wwW4h3>



**\$35 per person includes all supplies**

**Pre-registration required**

**Soft drinks and water provided, cash bar.**

**Door Prizes and cash raffles too!**

**To register: Call 814-274-0368**

**Email [awayoutjenniferr@gmail.com](mailto:awayoutjenniferr@gmail.com)**

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

**Acrylic on canvas. Instructor—Theresa Welsh**

**A WAY OUT**



**Come see MR. KAZAM** at our Magic Show  
**Sunday, May 22<sup>nd</sup>, 1:00 - 3:00 p.m.**  
**American Legion Post 192, Coudersport**  
**Doors open at 12:45 p.m.**

**Tickets will be \$10 per person**  
**Children 2 yrs old and under are FREE**  
**Seating is limited so get your tickets early!**

Check out  
Mr. Kazam on FB!

To purchase tickets, watch for the link on our website  
[www.myawayout.org](http://www.myawayout.org) , events on our FB page  
or call us at 814-274-0368.

Mr. Kazam is a professional comedic magician and has been featured on *America's Got Talent*. There will be a dessert bar with free soft drinks and water. We'll also have a basket raffle and a 50/50 raffle. All proceeds benefit **A Way Out** services to victims of domestic violence and sexual assault in Potter County.

## Sexual Assault Awareness Month



*Building Safe  
Online Spaces Together*

**April 2022**

Now more than ever, screens and technology connect us with romantic partners, friends and family, co-workers, and strangers alike. **For too long, harassment, cyberbullying, sexual abuse, and exploitation have come to be expected as typical and unavoidable behaviors online.**

Last year, the national **Sexual Assault Awareness Month (SAAM)** campaign uplifted the message that “We Can Build Safe Online Spaces,” calling on audiences to practice digital consent, intervene when we see harmful content and behaviors, and promote online communities that value safety and respect. **This April, the SAAM 2022 campaign continues to build on this vision with a call to action: “Building Safe Online Spaces Together.”**

We know that we *can build* and *are building* online communities centered on respect, inclusion, and safety — where harassment, assault, and abuse are taken seriously. Not only do we believe that together we can build a safer online world, but **we also believe that these values, skills, and actions will create communities that thrive online and offline.**

**Together we can make a difference to build inclusive, safe, and respectful online spaces.** We invite you to join us this April in making respect the norm everywhere, taking action to promote the safety of others, and showing survivors they are believed and supported.



**- The Nation Sexual Violence Resource Center**  
<https://www.nsvrc.org/saam/2022/learn>

*For more information on how you can protect yourself and those you love, information is available on the Pennsylvania Coalition Against Rape (PCAR) at [www.pcar.org](http://www.pcar.org).*



## COMMUNITY SURVEY

**The Potter County Drug and Alcohol Program** is conducting a community survey of adults who reside, or work in Potter County in order to assess levels of use and community attitudes about key issues related to alcohol and drug use. The results of this survey will help them address those issues that are most concerning to people in our county.

The survey is to be completed by county residents 18 yrs. of age and older and it is important that we are able to have as many survey responses as possible. Please take a few minutes to answer the questions in the survey - it should take no more than 15 minutes to complete. Your responses will be extremely helpful to PC Drug and Alcohol as they strive to improve their services.

You may access the survey by clicking on the link below. You can complete the survey from any computer, tablet, or other device that is connected to the Internet. The link to the survey is:

<https://www.surveymonkey.com/r/PotterAdultSurvey>

# Children's Mental Health Awareness Week 2022 , May 1<sup>st</sup> -7<sup>th</sup>

The COVID-19 pandemic brought to light our youth mental health crisis. In December of 2021, the Surgeon General issued an advisory highlighting the urgent need to address the crisis of children's mental health.

This year, we are looking at acceptance as well as awareness. One in 5 children struggles with a mental health challenge and many children do not come forward for help or feel they will not receive the support or acceptance they need.

Join us the week of May 1-7 in providing continued support for our youth experiencing mental health challenges, and by letting them know that children's mental health matters!

The color green signifies new life, new growth, and new beginnings. We encourage you to wear green during this week of acceptance as a show of support for those facing these challenges:

- ✓ To accept that 1 in 5 youth experiences a mental health challenge
- ✓ To accept that mental health challenges must be met with understanding and support
- ✓ To accept that bias and discrimination toward individuals who experience mental health challenges creates a barrier to seeking treatment - and it must be eliminated
- ✓ To accept that our youth are facing serious challenges ahead that need to be addressed
- ✓ To accept that the future wellbeing of our country depends on how we support and invest in the next generation

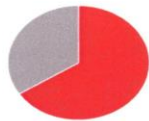
Source: [www.ffcmh.org/awarenessweek](http://www.ffcmh.org/awarenessweek)

## Kids at risk

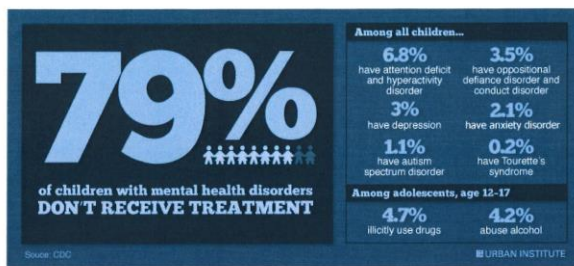
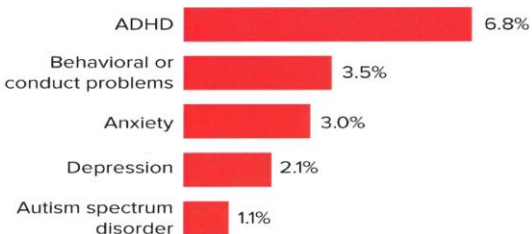
Suicide is the second leading cause of death among young people, aged 10 to 24

1 in 5, or 15 million, American children and young adults up to age 25 struggle with a mental illness or learning disorder

And 2/3 or 10 million are undiagnosed or untreated



### Children ages 3-17 diagnosed with:



## MENTAL HEALTH and YOUTH



Despite effective treatments there are long delays—sometimes decades—between onset of symptoms and treatment

Source: Centers for Disease Control and Prevention



Source: National Institute of Mental Health and Centers for Disease Control and Prevention





On May 11<sup>th</sup> we offer a huge thank you to our school nurses for all that they do to help heal, protect, and advocate for our children. School nurses play an integral role in preventing, detecting, and reporting child abuse. As medical caregivers in our schools, school nurses are often the front-line advocates for students who are experiencing domestic violence or abuse in their homes and/or sexual abuse in their lives. Take some time to thank your child's school nurse today!

Austin – **Elena Daisley**  
Coudersport – **Sarah Fry and Jessica Rohrer**  
Galeton – **Laurel Kosa**  
Northern Potter – **Jessica Cizek**  
Oswayo Valley – **Nicole Matthews and Ashley Jandrew**  
***You are HEROES!***



***Law Enforcement Appreciation Week May 11<sup>th</sup> – 16<sup>th</sup>***

***A Way Out*** would like to thank our local police officers, sheriff deputies and state troopers for your dedication and service to our communities. We appreciate your efforts and look forward to furthering our relationship with you as we work to protect the most vulnerable members of our community.

***THANK YOU for all you do!***



**EMS WEEK**

**Rising to the Challenge**  
**May 15-21, 2022**

***A Way Out*** and our partners would like to express our gratitude to our local ambulance services and EMS workers. We appreciate your selfless service, your willingness to respond at a moment's notice and the countless hours of training you do to be your very best when helping those that cannot help themselves. Our community is lucky to have such dedicated people.

***THANK YOU for your care!***

APRIL IS

## National Child Abuse Prevention Month

#ThrivingFamilies



In 2020, Potter County had 91 reports of child abuse, 6 of which were substantiated as follows, 3 sexual abuse cases, 2 physical abuse cases and 2 serious physical neglect cases. <https://www.dhs.pa.gov>

This month and throughout the year, **A Way Out** encourages all individuals and organizations to play a role in making Potter County a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote the social and emotional well-being of children and youth and prevent child maltreatment within families and communities.

Potter County reports show 330 children were assessed due to reports of General Protective Services in 2020, 116 of which were valid concerns. 17 of those cases were reported as a result of domestic violence.

<https://www.dhs.pa.gov>

### Wear Blue Day on Friday, April 1, 2022 to kick off Child Abuse Prevention Month

You'll show your support for the essential work needed in your community and across the country to ensure a better, safer future for all children. Take a selfie and post on Facebook, Twitter, Instagram, and TikTok with #WearBlueDay2022 on April 1st

**If you suspect child abuse call Pennsylvania's Childline at 1-800-932-0313.**

**If a child is in immediate danger, please call 911.**



## JUNE is LGBTQ Pride Month!

### LGBTQIA+ Youth, Parent, and Ally Open House

Wednesday, June 15<sup>th</sup>, 4:00 - 6:00 p.m.

As we celebrate PRIDE month in June, **A Way Out** will be hosting an open house for LGBTQIA+ youth (14+ or 12-13 with a parent or legal guardian) to provide a safe environment to talk about obstacles specific to LGBTQIA+ young people as well as build relationships within our communities to better support our LGBTQIA+ young people.

Refreshments will be provided. This event will feature discussions moderated by trained advocates. Educational materials will be provided to parents and allies on terminology, how to build safe spaces, discrimination prevention and more. All attendees will be required to review and agree to a strict confidentiality policy. While we encourage parent or guardian participation, youth ages 14+ may attend without a parent or guardian.

For more information, please contact our office at 814-274-0368, by email at: [awayoutjenniferr@gmail.com](mailto:awayoutjenniferr@gmail.com). All communications are confidential.



**The Trevor Project** is a great resource for youth, parents, schools, and communities: <https://www.thetrevorproject.org/>

# ELDER ABUSE

## Is your elder relative or loved one being abused?

As we look at our older population, we often think they have achieved a certain level of contentment and are happy with their well-earned status. They have reached “The Golden Years” and like the Golden Girls of sitcom fame are now “living the dream”.

What we don't realize is **1 in 20 older adults are victims of abuse**. An older person can be the victim of physical abuse, financial exploitation, neglect, emotional abuse, sexual abuse or any other mistreatment.

The abuser may be a spouse, an adult child who lives in the same household, a caregiver or anyone else who has access to an elderly individual.

Elder abuse is not easy to identify sometimes and can easily be hidden or disguised. What are some red flags that may indicate abuse?

- **BRUISES OR BROKEN BONES** – If this is happening frequently and being blamed on falls, the real cause may be punching or beating.
- **WEIGHT LOSS** – A caregiver may blame illness or lack of appetite when the real cause may be starvation or neglect.
- **DEMENTIA** - Caregivers may be blame “old age” when the real cause may be malnutrition or drug misuse.

Other red flags...

- An elderly neighbor no longer goes outside or never sees visitors.
- A bank teller notices that an older customer or someone claiming to represent the older person is withdrawing large sums of money from a savings account.
- An older person signing over his or her home to someone else, especially a non-relative.

Although these circumstances do not always mean elder abuse, it is important to be aware that elder abuse can occur at any time to anyone.

What can you do to help? If you suspect elder abuse, you can call **A Way Out** at 814-274-0368 or on our 24/7 Helpline at 814-274-0240. You can also contact the Area Office on Aging in Potter County at 1-800-800-2560

For more information on elder abuse and what you can do to help, check out the **The National Center on Law and Elder Rights (NCLER)** at their website at [www.ncler.acl.gov](http://www.ncler.acl.gov).



**NATIONAL  
CENTER ON  
LAW &  
ELDER  
RIGHTS**



## FOOD BANKS:



**Coudersport** / Alliance Church, – 7 Alliance Ave, every Tues & Thurs, 10:30am – 1:30pm, 814-274-8661

**Austin** / Austin Fire Hall, 42 W Main St, every 3<sup>rd</sup> Tues, Check Austin Food Pantry FB page for time(s), 814-647-8562

**Roulette** / Firehall, Times TBD monthly, 814-544-7365

**Ulysses** / Zion Christian Assembly, 4<sup>th</sup> Thursday, 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. 814-698-2144

## A.A. MEETINGS:



AA's Meeting Guide app helps people find A.A. meetings and resources near them

**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!*



**Did you know... we manage the FREE Child Car Safety Seat Program?**



Just call and let us know the *age/weight* of the child or children that require car seats.

Then we will schedule a time for you to view the 30-minute safety video and pick up your car seat(s).

*Closed Office Holidays :*

**April 15<sup>th</sup> – Good Friday**

**May 30<sup>th</sup> – Memorial Day**

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

**September 5<sup>th</sup> – Labor Day**

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

**November 24<sup>th</sup> and 25<sup>th</sup> – for Thanksgiving**

**December 23<sup>rd</sup> and 26<sup>th</sup> – for Christmas**

**December 30<sup>th</sup> and January 2<sup>nd</sup> 2023 – for New Years**

*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.*

