

The Friendship Center



SUMMER 2015

It Takes All of Us

*A note from the Executive Director
Melinda Reed*

In the past six months, The Friendship Center has provided 9,802 services to 464 survivors of domestic and sexual violence. What does that actually mean? To me, it means a few important things. 1) The Friendship Center has amazing, dedicated staff who work tirelessly to help victims. 2) The issues of domestic violence and sexual assault are real, and in addition to the 464 survivors we worked with since January, countless others are out there. 3) We work in a great community with a strong network of partners, all of whom are critical to supporting these survivors. The figure 9,802 services represents both direct services provided here, and also a huge number of referrals to and from partners who make up the community response to these issues. From teachers to law enforcement, attorneys, other social service agencies, businesses and our hospital, this is a community issue and requires all of us to truly support victims. We are grateful for all of our partners, and for all of the community members who support us in our work.

OFFICER OF THE YEAR

The Helena Domestic and Sexual Violence Working Group, along with The Friendship Center, is pleased to announce the return of the **Officer of the Year** award. The purpose of the award is to recognize the critical role law enforcement plays in serving victims of domestic and sexual violence in our community, and to highlight the role of uniformed officers in particular. If you know a uniformed officer that has done an outstanding job assisting a victim of domestic or sexual violence, please take a moment and nominate that officer for this award. Contact TFC with any questions and visit thefriendshipcenter.org for a nomination form.



*Thus far in 2015,
The Friendship Center
has:*

Provided **9,802**
Total Services

Answered **1,529**
Crisis Line Calls

Served **464**
Victims

Provided **124** Off-Site
Emergency Shelter Nights

Provided **2,226** On-Site
Shelter Nights

Thank you
for your continued support
of victims of
Domestic Violence
& Sexual Assault
in our community!

CONTACT THE FRIENDSHIP CENTER

On Facebook • On Twitter @TFC_Helena • On YouTube • www.thefriendshipcenter.org
Phone: (406) 442-6800 • Fax: (406) 442-6809 • E-mail: officem@thefriendshipcenter.org
1430 Sanders Street • Helena, Montana 59601

Meet our Residential Therapist, Kody Ramler!

Did you know that The Friendship Center offers on-site therapy to our clients now? We sat down with our new residential therapist to learn more about her and why she loves working at TFC.

What do you love about living and working in Helena?

I'm proud to be a Helena native! I love everything Helena has to offer... beautiful mountains in every direction for hiking, camping, and skiing in the winter, river access to fish and float, and nearby lakes for boating in the summer.

What made you decide to pursue a Master's Degree in Social Work?

I attended the University of Montana while pursuing my undergraduate degree in Sociology and Psychology. While there, I became involved with the YWCA Pathways Program, first as a volunteer and then as a case manager and women's advocate. I loved the work and was passionate about the organization but it wasn't Helena. I decided to enroll in Walla Walla University's MSW program in Missoula to increase my options for returning to my hometown.

When did you start working at TFC?

I began my practicum at TFC in April 2014 and immediately knew it was a perfect fit. In March, I graduated with my MSW and accepted a full-time position at TFC as the Residential Therapist.

What do you love most about providing therapeutic services to clients?

Discovering the incredible resiliency and strength our clients possess; even after experiencing significant trauma and withstanding exponential levels of stress, their ability to continue functioning and surviving is inspirational!

What do you hope to accomplish in this position?

By providing psycho-education and establishing a shared understanding regarding the pervasiveness of trauma, I can implement effective individualized interventions and promote holistic healing. Through a client-centered approach and a therapeutic relationship based on trust, compassion, and genuineness, clients and I work collaboratively to identify goals and instill hope for a healthy future.

Is there anything else you would like us to know?

I am so grateful for the opportunity to increase my knowledge and skills and I am looking forward to a long and successful career in the Social Work profession and with The Friendship Center!



Power Up, Speak Out!

Are you a local teacher or do you know a local teacher? This fall, TFC is partnering up with the **Power Up, Speak Out!** folks from Red Lodge, MT to bring a teacher



training to Helena. Power Up, Speak Out! provides middle school teachers and counselors training and materials to teach healthy relationship skills and prevent bullying, harassment and violence. Created in Red Lodge, the program provides unique, rural-focused lessons to resonate with Montana's youth. During the training, educators will be trained how

to use the **Power Up, Speak Out!** curriculum in their own classrooms. Each trainee will receive a free Healthy Relationships Toolkit, which contains all necessary materials to facilitate the lessons, as well as **6 OPI credits!** Visit powerupspeakout.org for more information about the curriculum. Contact TFC at 442-6800 for registration information.

Thank You All!

EMPTY BOWLS 2015 SUCCESS!

You made this year's Empty Bowls event one of our best ever! Thank you for once again showing your support for The Friendship Center by attending our annual event Empty Bowls. Every year we are amazed at the outpouring of community members that show up to enjoy delicious local soups served by our local celebrities into bowls crafted with love by wonderful ceramic artists. We can't wait to see you again next year!



The Board of Directors and Staff of The Friendship Center would like to thank everyone that makes this event possible:

Gold Level Sponsors

Blue Cross Blue Shield of MT
First Interstate Bank

Bronze Level Sponsors

St. Peter's Hospital

Bowl Artists

The Artists of Helena Clay Arts Guild
The Artists of Archie Bray
Foundation for the Ceramic Arts
Victor Daniel and the Helena High
Art Students
Mary Werner, Cori Norton & the
Kessler Elementary School Students
Jim Gilman
Sarah Jaeger
The Pottery at Muddy Creek
Ralph Esposito and the Carroll
College Art Students
Lisa Ernst
Emily Free Wilson
Eric Van Eimeren
Carrie Darrah

Soup Providers

Benny's Bistro
Bert & Ernie's
Brewhouse Downstairs
Café Zydeco
Chili O'Brien's Catering
El Vaquero Taqueria
Governor's Residence
Helena Colonial Hotel

Helena Sunrise Rotary Club
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Lucca's Italian Restaurant
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Murry's
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Steffano's Pizza
Steve's Café – Original & New
The Bagel Company
The Creperie
The Montana Club
The Parrot Confectionery
Van's Thriftway
Vanilla Bean Bakery & Café
Windbag Saloon & Grill

Bread Providers

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Dive Bakery Café
Great Harvest Bread Co
Park Avenue Bakery
Van's Thriftway
Wheat Montana Farms

Drink Provider

Lehrkind's Coca-Cola of Helena

Soup Servers

First Lady Lisa Bullock
Mike Murray
Andy Hunthausen
Steve's Café
Chefs Johnny Medicine Top and Joe
Shockley
Linda McCullough
Ann Waikman
Judge Wood
Sheriff Dutton
Anastasia Burton
Judge Swingley
Nate Olson
Katy Peterson
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Carla Lott



Thank You All!

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Entertainment

The Wilbur Rehmann Quintet

All the Silent Auction Contributors



A special thanks to all the individual and business donors, volunteers, and attendees. Your help for victims of domestic and sexual violence is so valuable. We couldn't do this without you!

The Friendship Center Featured Business Supporter



Valley Bank routinely goes above and beyond to support The Friendship Center. We are honored to have the President of Valley Bank, Ross Duncan, on our Board of Directors. Valley Bank supports our events through charitable giving or through

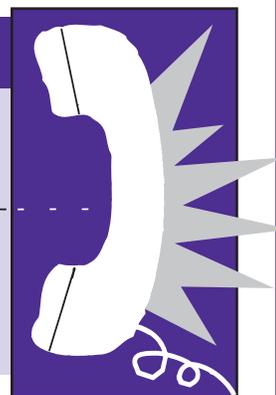
the volunteer time of their wonderful staff. Frequently, we order emergency assistance Visa cards to give our clients to help them leave abusive situations. Valley Bank not only prepares all these cards for us, but waives the fees to do so. Thank you Valley Bank of Helena for showing your commitment to ending domestic and sexual violence in our community!

Want to be the next Featured Business?

Corporate partnerships bring many benefits to both the company and our organization. There are many ways that you or your employees can get involved in supporting The Friendship Center. From event sponsorships to in-kind donations of goods and services to employees volunteering their time, The Friendship Center can help you find the right fit for your company to be a part of ending domestic and sexual violence in Helena. Call us at (406) 442-6800 to discuss more today!

VOLUNTEER CRISIS LINE ADVOCACY TRAINING

We're looking for volunteers! This September we will be hosting a volunteer crisis line advocate training. One of our most vital services we offer is a 24/7 crisis line and that service needs you! If you have always thought about doing more, become an advocate and provide crisis intervention and support to survivors of domestic and sexual violence. Training dates: September 22, 24, 26, 28. E-mail Abbie at abbie.c@thefriendshipcenter.org or call 442-6800 for more information.



SPECIAL THANKS

- We are so thankful to Vanessa, Luanne, Brittany, and Andrea of the Women's Ministry of Helena Alliance Church for visiting us on a warm day in June and helping us with our front flower garden. Your hard work weeding and thinning helped our flowers grow larger and more beautiful!
- In the past, Judge Mike Swingley has been a great help in connecting us with resources to receive new infant and toddler car seats. This year, Judge Swingley went above and beyond in helping us provide these much needed seats to the families we serve. Thank you Judge Swingley for your personal purchase and donation of car seats to The Friendship Center. You have helped more than you know!
- Helena Girl Scout Troop #3456 created and installed a wonderful art center for our child care room. All the children who attend our child care groups will love it!
- Thank you Carroll College Grounds crew! Your help this spring with a few projects in our shelter yard helped ensure that we have a beautiful and safe place for survivors and their children to enjoy!



Donate TODAY to support ending Domestic and Sexual Violence in our community:

- Use the **ENVELOPE** enclosed in this newsletter.
- Visit thefriendshipcenter.org and click on **DONATE NOW** in the upper right corner.
- Make a **RECURRING GIFT** from your credit or bank account
 - Make a **PLANNED GIFT** to take advantage of the Montana Endowment Tax Credit.
- Give through **SECGC** if you're a state employee.

WISH LIST ITEMS

- New Bed Pillows
- Baby Girl Clothes • Kids Shoes
- *Visit our website for more ideas!*



The Friendship Center
1430 Sanders
Helena, MT 59601

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The Friendship Center

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UPCOMING EVENTS

LEARN WITH US!

September 22, 24, 26, 28: Crisis Line Volunteer Advocate Training

September 24: Power Up, Speak Out!

Training for local teachers to teach healthy relationship skills in their classroom and prevent bullying, harassment and violence.

COME SUPPORT US!

September 16 – Island Liquor & Wines Nonprofit spotlight night:

Come taste a selection of great wines paired with appetizers. Tickets \$25

September 28 – SECGC Non-Profit Fair:

State Employees Charitable Giving Campaign event at the Capitol Rotunda from 10:00 am-3:00 pm

October is Domestic Violence Awareness Month

October 6 – Lewis and Clark Ales for Charity:

TFC will receive \$1 for every beer sold between 5:00-8:00 pm

October 19 – Blackfoot River Brewery Community Monday:

TFC will receive \$1 for every beer sold between 2:00-8:00 pm

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