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**Annual Report
1989-90**



A United Way Member

127503

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Annual Report ***1989-90***

2838 Olive Street
St. Louis, MO 63103
(314) 531-9100
24-hour Hotline (314) 531-2003

**THE MISSION
OF THE
WOMEN'S SELF HELP CENTER**

is to treat the consequences of abuse against women and serve as a catalyst for social change based upon our belief that women have the right to live life with dignity and without violence.

Mission

From the Director

The Women's Self Help Center has a special place in the hearts of women throughout the metropolitan area. There was such excitement when it was begun in 1976 — St. Louis' own "for women, by women" agency. I remember stopping by the house on Newstead to pick up fliers publicizing an early "Take Back the Night" march and feeling moved by the energy and electricity generated by the staff and volunteers.

Louise Bauschard, founder and Executive Director of the Center for 13 years, made her vision a reality. The lives of thousands of women have been changed because of her commitment to helping abused women rebuild their lives. Because of the Center's pioneering work, area "helping professionals" have a heightened sensitivity to domestic violence and abuse and how these issues affect their clients. And the entire metropolitan community has a better understanding of the effects of violence and abuse on women's and children's lives.

Louise's dedication and years of tireless effort are well known to women and men all over St. Louis. What was accomplished in the Center's first 13 years is remarkable and will serve as an inspiration to all of us as we move forward to continue the work.

I am very honored to have been chosen by the Board of Directors to be the new Executive Director. The hard work of the staff, the dedication of our volunteers and the financial support of the community has made it immeasurably easier for the Center to face the challenges ahead.

The Center has always been a resource for abused women, and for men who truly care about women. They know they can call us to get information or a referral to a shelter. Or we can help them through the justice system, or to obtain an order of protection, or give them strength to get out of an abusive situation. We will not be swayed from our goal to equip young women with the knowledge and skills they need so they will not become victims.



Abuse against women is not merely a "family problem"; it is a societal problem. Emotional, physical, and sexual abuse can happen in marital relations, in acquaintance relations, in employment situations where sexual harassment occurs.

We invite the community as a whole to share our responsibility to help women in all these situations, and join us in our mission to end the wastefulness of family violence.

Barbara Bennett, M.Ed.
Executive Director

Counseling

Many women need on-going therapy to cope with a history of abuse or molestation and to begin a new life of self-reliance. For those women the Center offers direct counseling. Personalized, face-to-face counseling is designed to help the woman gain more control of her life and to give her the ability to make informed decisions for the future. Counseling is provided by professional staff and graduate and post-graduate interns.

The Women's Self Help Center offers two types of group counseling, one for women who have been victims of childhood incest or sexual assault, and one for "Women in Transition," who are actively trying to establish violence-free lives. Groups consist of six or more women who are currently involved in individual counseling at the Center or with another therapist. A group meets for up to two hours for ten consecutive weeks and is led by two qualified therapists.

In keeping with the Center's philosophy that paying for services helps build a woman's self-esteem and self-confidence, every individual and group counseling client pays some amount, whether it be \$1, \$5 or \$15 per session. The Center relies on contributions to cover the remaining cost of counseling.

Helping Battered Women Develop Job Skills: The inability of a battered woman to support herself and her children is the primary reason she returns to an abusive relationship despite counseling and support services. Half of all abused women are unemployed. Many who do work have low self-esteem and limited skills that qualify them only for the lowest paying jobs. The average income of clients at the Women's Self Help Center, for example, is \$3,000.

In conjunction with the non-profit Vanderschmidt School, the Women's Self Help Center has established TIES (Training for Independence through Education and Support). TIES is a program to help battered women through counseling and education. The program provides eligible candidates with practical job training, appropriate counseling, books and materials, job placement and emergency supplies. The cost for one battered woman to complete the program is \$5,500.

Through TIES, the staff at the Women's Self Help Center screens and refers women to the Vanderschmidt School based on economic need, a desire to enter a job training program, and emotional stability.

The TIES program is possible because of the willingness of two agencies, with different purposes and methods, to work together to provide select battered and abused women with the skills and emotional support they need to realize goals that were once only dreams.

Contract Therapist Louisa Cenatiempo listens to a woman talk about how she wants to improve her family's life during a counseling session at the Center.





Hotline Volunteer Jeanne Casey, left, and Hotline Counselor Judith Quinn respond to crisis calls during an afternoon shift. The Shelter Board to Jeanne's left shows the number of beds that are often available for battered women and their children in the St. Louis area: 0.

One thousand times each month the Hotline rings. On the other end is a caring counselor who can give the caller her undivided attention.

Generally the caller is a battered woman who has recently experienced a violent physical and/or sexual attack. She feels confused, afraid and isolated. The Hotline counselor is trained to give immediate crisis counseling and referrals in cases of rape, battering, incest and attempted suicide. If it's necessary, the counselor can arrange for shelter and transportation for a battered woman and her children.

After taking care of the caller's immediate needs, the counselor will offer information about other services the woman might need, such as legal or medical care. The benefits of individual counseling or the availability of the Center's legal advocacy services are also explained.

The Hotline was the Women's Self Help Center first effort and it is still critical to our success. Through the 24-hour, 7-day-a-week crisis Hotline we are able to:

Respond in a timely and appropriate manner to every person—man or woman—who reaches out to us.

Intervene on behalf of a woman in crisis with health care agencies, police, shelters and social agencies when it's appropriate to help her find safety.

Expand our capacity, through the Hotline, to help women help themselves recover from the impact of physical violence in the most professional, effective, economical and compassionate way possible.

Volunteers Are the Lifeblood of the Hotline: Staff members and supervised student interns answer the Hotline during regular business hours. When the Hotline is very busy during the day, at night and on weekends, the trained volunteers take over. Their peer counseling offers sensitive and supportive advice to women who need help to overcome the impact of battering, sexual assault and incest.

Volunteers are carefully screened and trained before they begin answering crisis calls. They agree to complete intensive agency training and to staff the Hotline twice each month for an overnight or weekend shift.

The volunteers who staff the Women's Self Help Center crisis Hotline 24 hours a day are dedicated women. We could not operate without them. Their practical suggestions give hope to women in crisis and help them begin to live violence-free lives.

Hotline

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Barb Gambrel
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Doris McCall
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Sandra Nickerson
Cookie (Alice G.) Noel

Kiku Obata
Zoe Annis Perkins
Barbara Ricketts
Anne Rosenberg
Christie Rothschild
Anne Salmo
Lois Schoemehl
Diane Sher
Lorraine Spector
Patsy Spector



Leon Wilson, *President*

Staff



Front row, from left: Vanessa Brown-McConnell, Patti Zetlin, Joleene Unnerstall. Second Row: Carol Klooster, Barbara Bennett, Chris Harris, Stephanie Brown-Bohlen. Back row: Jeane Vogel, Judith Quinn, Kathleen Sharkey, Tammy Korando, Sandra Sigrist, Dorothy Leach.

Barbara Bennett, M.Ed.
Executive Director

PROGRAM SERVICES

Patti Zetlin, ACSW, AAMFT
Director of Program Services
Carol Klooster, ACSW
Justice Outreach Coordinator
Vanessa Brown-McConnell, BS
Comprehensive Services Counselor
Joleene Unnerstall, MA
Education Coordinator
Sandra Sigrist, MSW
Full-Time Therapist
Judith Quinn
Hotline Counselor

ADMINISTRATION

Kathleen Sharkey
Director of Finance & Administration
Tammy Korando
Secretary
Stephanie Brown-Bohlen
Referral Receptionist
Dorothy Leach

FUND RAISING

Jeane M. Vogel
Director of Development
Avis Christine Harris
Development Secretary

CONTRACT THERAPISTS

Louisa Cenatiempo
Christie Kropp
Patsy Spector
Gwen Bueckendorf

CONTRACT WORKERS

Ruby Conners
Betty Graham

SPECIAL PROJECTS

Amy Taylor
Darla Hobson

INTERNS

Lisa Brooks Lara Cox
Robbe Brown Jane Murdock
Rachel Cohen Kelly Silk
Linda Hermelin

HOTLINE

Rita Auberry
April Baldwin
Lynette Bailey
Christine Barkeskli
Sharon Briggs
Joanne Bryan
Robbe Brown
Miriam Burge
Lee Burnett
Laura Caldwell
Sharon Carter
Jeanne Casey
Carolyn Christensen
Carrie Constantine
Rosemary Davis
Toinette Deavens
Peggy Dersch
Kim Dominic
Kathy Douglas
Tish Fontana
Tammie Fobert
Gloria Gerich
Deborah Haines
Rebecca Hanking
Darla Hobson
Donna Horn
Peggy Ann Jenkins

Laura Karfeld
Phyllis Kinder
Lucy Knapp
Lisa Landsman
Christine Latranga
Francine Lidge
Lynn Maupin
Cynthia Mathews-Kindel
Elzora McKinney
Joannie Medina
Claudine Moore
Sheryl Nissenbaum
Betty O'Dea
Epp O'Neill
Janett O'Neil
Rosita Ray O'Neill
Andrea Perr
B.J. Pepper
Sherry Pius
Sharon Richardson
Ronda Schaufelberger
Sandi Shapiro
Delois Shepherd
Joyce Wagner
Julie Walter
Nancy Williams
Mary Ann Williamson
Pat Wipperman

SPEAKER'S BUREAU

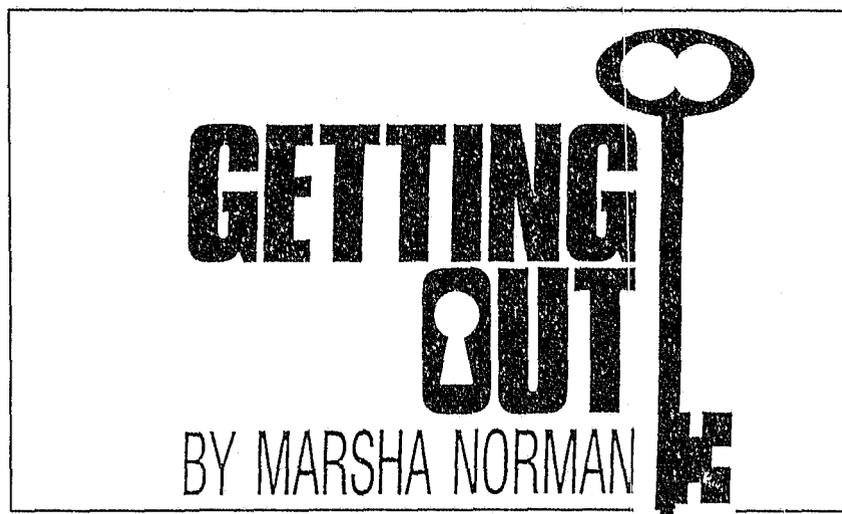
Victor Austin
Tessie Brown-Matthews
Linda Buck
Juanita Carr
Sara Craddock
Juanita Carr
Peggy Dersch
Tammi Fobert
Susan Hannebaum
Martha Haney
Libby Hartman
Mary Frances Lyons
Susan Nelson
Ravella Pugh
Donna Rowling
Barbara Schisler
Tammy Souders
Janice Strong
Rose Stuckey
Mary Susman
Anthony Tumminello
Sharon Triska
Rita Voorheis

Volunteers

COURT ESCORTS

Hughlene Anderson
Janet Bailey
Eva Bibbs
Anne Brennecke
Lucy Knapp
Lynette Lempke
Joan Van Matre
Carla Green McBride
Cathy McClellan
Wyonia Murray
Patricia Natoli
Marielen Parrish
Sherri Posner
Amelia Phillips
Robyn Quaintance
Elizabeth Shapiro
Sudie Shinkle
Arney Williams
Glenda Williams
Loretta Wilson

The Women's Self Help Center in cooperation with The New Theatre presented "Getting Out," a powerful, award-winning play by Marsha Norman that tells the story of a woman's abuse as a child, her experience in prison and her struggle to rebuild her life. The play was presented in November to general audiences and to incarcerated women and youths.



Studies of several generations of violent families show that children who grow up watching their father batter their mother, or who are beaten themselves, are likely to repeat that behavior in their own families. There is a legacy of violence that will be passed on to the next generation unless we give young people education, awareness and positive role models.

Education is a vital component of our efforts to help families break the cycle of violence in their lives. Education programs also allow us to reach beyond the boundaries of the Center into religious, school and community groups where our staff and volunteers can foster understanding awareness of the tragic toll exacted by violence in the home.

Speaker's Bureau: The core of the WSHC Education Program is the Speaker's Bureau, which provides interested groups and schools with workshops, lecture-discussions, film and slide presentations, and printed materials on violence against women. Topics include myths and facts about domestic violence, the battered woman and rape-trauma syndromes, legal and social services resources available to help the woman in crisis, and legislative and community remedies for the battered woman and her children.

The Speaker's Bureau is staffed by dedicated volunteers who have completed 44 hours of comprehensive training in public speaking skills, factual background and general information about the Center's programs.

Our 17 volunteer speakers respond to requests for programs from public and private schools, professional organizations, medical service providers, religious groups and community organizations. High schools call upon the WSHC Education Program to provide instruction on date rape and violence-free relationships to their Family Living classes.

During 1990, the WSHC Speaker's Bureau staff and volunteers expect to reach 7,500 people through talks and presentations.

Violence-Free Curriculum for High Schools: Through a special grant from the United Way, the Women's Self Help Center in cooperation with the Progressive Youth Center has developed a pilot project to design and implement a curriculum in area high schools. The curriculum will help teens discover that violence is not a normal part of relationships and that there are ways that they can prevent battering and rape in dating and marriage.

The curriculum of 13 lessons allows for the development of personal and social skills in order to reduce the risk of violence in current and future relationships. Prevention skills that are taught include: how to handle feelings, responsibility for emotional awareness, anger management, assertive communication and safety planning.

Education

Justice Outreach

The Justice Outreach Program is designed to: Maintain a pool of active volunteers who will go to court with a woman to get an order of protection under Missouri's Adult Abuse Law;

Facilitate the development of self-determination, self-control and self-respect among women involved in the justice system;

Discover new and different ways for individual women to obtain emotional, financial and legal support while they pursue criminal and/or civil remedies for family and sexual violence;

And, to educate police, lawyers, judges, correctional officers and the general public about legal, economic and emotional challenges facing all battered women.

Court Escorts: The Women's Self Help Center continues to train volunteers who serve as Court Escorts. The volunteers accompany women who are going to court to obtain Orders of Protection under Missouri's Adult Abuse Law.

Since the inception of the Court Escort Program in October 1987, 29 volunteers have been carefully screened and trained. These dedicated volunteers provide emotional support and technical assistance to women who might have no experience with legal proceedings. Court escorts make a one-year commitment to volunteer service.

At the end of 1989, the Center had a roster of 17 active court escort volunteers who logged 162 hours assisting 75 women cope with the civil procedures in courtrooms, police stations and prosecutors' offices.

Volunteer Lawyers Project: The Women's Self Help Center has dramatically expanded the services available to women through our Justice Outreach Program by successfully implementing a Volunteer Lawyers Program. During 1989, volunteer attorneys logged 55 hours providing free legal help to 67 indigent clients. The attorneys were assisted by volunteers from the court escort program who donated 51 hours of time to the women.

The volunteer lawyers come to the Center on a rotating schedule to see clients. Clients with civil complaints are screened through the Center's intake procedure and referred to the attorneys. Two lawyers from the volunteer pool come to the Center two nights each month to talk to women who have appointments or who walk in. The attorneys connected with the program are permitted only to help clients with civil matters. The most common complaints have dealt with adult abuse, divorce, custody of minor children, and welfare problems.



Comprehensive Services Counselor Vanessa Brown-McConnell arranges for a Court Escort to meet a woman at the St. Louis County Courts to get an Order of Protection.

Supporters

The Women's Self Help Center gratefully acknowledges the gifts and contributions made during 1989 by our friends who represent the following companies, foundations and community service organizations:

Alpha Sigma Tau, St. Louis Alumnae Chapter	Monsanto Fund
Anheuser-Busch, Inc.	Pasta House Company
Boatmen's National Bank	Peacepower Foundation
CPI Corporation	Pott Foundation
Cassidy Consulting	Presbyterian Women (Bonhomme Church)
Chock Full O' Nuts	Presbyterian Women of Kirkwood
Church Women United	Presbyterian Women of Richmond Heights
Church Women United, District 6	Public Welfare Foundation
Clark and Jeanette Gamble Trust	Regional Arts Council
Commercial Real Estate Women	Saint Louis Centre
Delta Tau, E.S.A Foundation	Sanford N. McDonnell Foundation, Inc.
Famous Brand Shoes	Scholin Brothers Printing Co.
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First Presbyterian Church of Kirkwood	Southwestern Bell Foundation
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Individual Donors

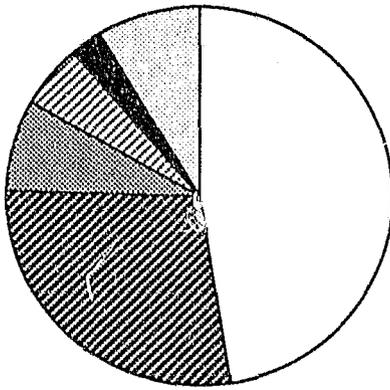
The Women's Self Help Center does not print the names of individual donors in order to protect their privacy. In 1989, more than 800 individuals, couples and families provided the Women's Self Help Center with more than \$44,000 in cash gifts. We are deeply indebted to these generous friends and we are truly grateful for their important contributions to our success.

Art aficionados, quilters and the Center's friends combined their love for original fiber art and their commitment to help women by supporting the Quilt National '89. The exhibit was sponsored by the Women's Self Help Center in space donated by Saint Louis Centre. The exhibit was open from Aug. 11 through Sept. 30, 1989 and benefited the Center's Counseling program.



Finances

Revenue



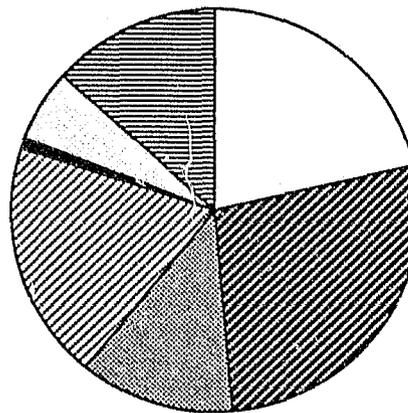
- Contributions (47.53%)
- United Way (28.13%)
- Program Service Fees (7.88%)
- State Grants (5.32%)
- Other (2.88%)
- Reserves from 1988 (8.26%)

Source of Funds:

Contributions	\$265,350
United Way	157,050
Program Service Fees	44,000
State Grants	29,700
Other	16,100
Reserves from 1988	46,100
TOTAL	\$558,300

Expenses

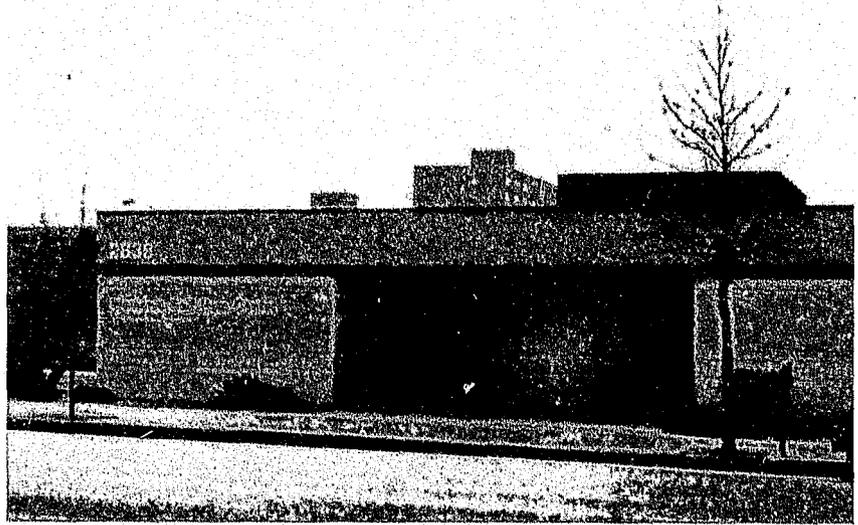
- Education (21.44%)
- Counseling (27.15%)
- Justice Outreach (12.20%)
- Hotline (19.12%)
- Direct Assistance/Individuals (.91%)
- Special Events (5.74%)
- Administration/Fundraising (13.44%)



Use of Funds:

Education	\$117,700
Counseling	149,100
Justice Outreach	67,000
Hotline	105,000
Direct Assistance to Individuals	5,000
Special Events	31,500
Administration & Fundraising	73,800
TOTAL	\$549,100

**The Women's
Self Help Center,
2838 Olive, St. Louis,
MO 63103**



- An estimated 3 to 4 million American women are battered each year by their husbands or partners.
- Research suggests that wife-beating results in more injuries that require medical treatment than rape, auto accidents, and muggings combined.
- Each year, more than one million women seek medical assistance for injuries caused by battering.
- Abused women comprise about 20 percent of women who seek treatment at hospital emergency rooms.
- Violence will occur at least once in two-thirds of all marriages.
- Domestic violence occurs among all races and socioeconomic groups.
- Battering often occurs during pregnancy. In just one hospital emergency department, 21 percent of pregnant women had been battered. These women had twice as many miscarriages as women who had not been battered.
- Illinois shelter research shows that 30 percent of battered women were physically abused during pregnancy.
- It is estimated that 30 percent of all rape victims are battered women.
- If you're a woman, your chances of being raped are one in four.

Facts