



NEWSLETTER

March 2010

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In Her Own Words...

The Newhouse Newsletter is published bi-monthly. With each issue we bring you the voice of a Newhouse resident as she shares her new beginning. (*Names changed to protect identity*)

Domestic abuse is just something that happens to someone else, strangers, the poor or uneducated, right? No! It is occurring to your family members, coworkers, neighbors, even the people in your church. Domestic violence is a crime, but one that no one wants to admit—you keep the secret (I did). I put on a happy-family face for the world. I did this charade for 20+ years, thinking that if I would or could just try harder, speak softer, pray more, then he (my husband) would stop those rages.

Unfortunately, I fooled nobody. My friends tell me now that they knew (about the abuse) the whole time I was with him and that I didn't "fall down" that often.

My turning point was admitting to myself that he wasn't going to change by anything I did or didn't do. Therefore, I had to find a safe place to hide from him a while, to get myself together because I was a mess! After discussing these issues with the doctors at my last hospitalization (from *another* rage), I decided (with help) the only answer was Newhouse. Thank Jesus, it was the best place to successfully get away from him—for good!

I arrived here at Newhouse late one night, scared, stigmatized, and in a lot of mental and physical pain. I spent my first few weeks in a fog. But slowly with the loving, spiritual environment here I'm finding myself: the woman I was supposed to be if my life hadn't been circumvented by allowing this man to abuse me for so many years. I'm becoming cognizant of what I might have done sooner, but I'm doing it now. And that's a fact.

Newhouse has opened arms for women like me. The sanctuary and peace provided from the therapy and groups aid in recovery for us. The spiritual environment available (if desired) makes for a cathartic place to heal, set goals, research resources, and then move on with our lives free from the violence of our past.

I'm still in the program and thank God every day for this place and the wonderful staff. My prayers in my future will be to be a witness to others about domestic violence and the way out of that fake life existence. My out was Newhouse. Amen

-Emily

Teen Dating Violence:

What you need to know

In February, Newhouse recognized Teen Dating Violence Awareness Month. Studies show that alarming numbers of teens experience and accept abusive behavior in dating relationships.

Statistics

- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.
- More than 1 in 4 teenage girls in a relationship report enduring repeated verbal abuse.
- 1 in 3 girls between the ages of 16 and 18 say sex is expected for people their age if they're in a relationship; half of teen girls who have experienced sexual pressure report they are afraid the relationship would break up if they did not give in.

Warning Signs

- He constantly checks up on her, calling or texting, demanding to know where she has been and is extremely jealous.
- She gives up on things that used to be important to her and becomes isolated.
- Her weight, appearance or grades have changed dramatically
- She has injuries she can't explain

What to do

- Ask questions about your teen's life, open up clear channels of communication, and listen with an open mind
- Support your teen as they decide what to do
- Be calm and take positive action
- Call the National Teen Dating Abuse Helpline, 1-866-331-9474

(Source: www.loveisrespect.org)

Newhouse Celebrates Recent Donors

Newhouse thanks the following corporations and foundations:

\$25,000+

- Anonymous Foundation

\$1,000- \$9,999

- Kraft Foods Foundation
- R.A. Long Foundation
- James E. & Susan B. Lund Family Fund
- Moberly Occupational Medicine, LLC
- Arvin Gottlieb Foundation

\$500- \$999

- Pentair Pump Group
- PMC Solutions
- Target Stores
- Thomas S. Watson Family Foundation
- Western Extralite Company

Newhouse is available for presentations on topics including teen dating violence and violence in the workplace. Call (816) 474-6446

Newhouse is a domestic violence shelter serving the KC metro area. Our mission is to break the cycle of domestic violence by providing the tools that allow women to make positive choices and lead self-sufficient lives.

