



CASA News

Citizens Assisting and Sheltering the Abused
301.739.4990 • 24 Hour Hotline: 301.739.8975 (301.739.1012 TTY)

Spring/Summer 2016

A sexual assault is never your fault and it is important that you know help is always available to you. Sexual assault can happen to anyone, at any time. It doesn't matter how old you are, what you look like, what you wear, where you hang out and who you hang out with.

Offenders can be strangers, but most likely they are friends, family members or acquaintances that we think we can trust. Sexual assaults may involve a weapon, threats, coercion, alcohol or drugs, or nothing but the violent attack itself.

Sexual assault is any unwanted or forced sexual act and includes:

- Rape and attempted rape
- Unwanted touching or groping
- Sexual harassment
- Unwanted showing of private parts
- Sexual exploitation
- Child sexual abuse
- Incest
- Sexually obscene communications (in person, by phone, texting, email or social networking)



In 2013, there was a sexual assault every 6.6 minutes the United States.

The Federal Bureau of Investigation, Uniform Crime Reports, "2013 Crime Clock Statistics", 2013.

In 2013, the estimated number of rape offenses was 79,770 in the United States, a decrease of 6.3% from the 2012 estimate. The Federal Bureau of Investigation, Uniform Crime Report Crime in the United States, "Table 1—Crime in the United States, by Volume and Rate per 100,000 Inhabitants, 1994–2013", 2013.

Nearly 1 in 5 women and 1 in 71 men reported experiencing rape at some time in their lives. Black MC, et al, "The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report", National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011.

Nearly 1 in 2 women (44.6%) and 1 in 5 men (22.2%) experienced sexual violence victimization other than rape at some point in their lives Black MC, et al, "The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report", National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011. Factoring in unreported rapes, only about 3% of rapists will spend a day in jail. Rape Abuse and Incest National Network, "Reporting Rates," 2013. www.mcasa.org

For more information or counseling services contact CASA at 301-739-8975 or visit www.casainc.org.

Washington County Gives Day of Giving is May 3, 2016

One way to support our agency is through Washington County Gives. It is a web-based 24 hour period of giving, taking place on Tuesday, May 3, 2016. Donations can be given online from 12:01 AM to 11:59 PM by visiting www.washingtoncountygives.org and selecting CASA from the list of nonprofits or using the site's search bar using keyword, CASA.



Like our Facebook page for up to date information on ways to support our agency, news and articles relating to domestic violence and sexual assault, and upcoming events. Find us at www.facebook.com/casawashco.

Healing words from a survivor:

As I contemplate writing this, the lyrics of a favorite song of mine comes to mind. "Don't think you've gone out, don't flicker and fade. If you're gonna get lemons then you do what they say."

Over time this is what abuse does to you. It robs you of your confidence, your self-esteem and your very will to live. Sure, you attempt to reach out once in a while but living with an abuser is like trying to crawl out of a ditch. Just when you seem to be making progress and are about to make it out, there they are waiting to kick you back down. Finally you just seem to give up and accept what you think is your fate.

As a survivor of 15 years of severe child abuse, spousal abuse and several cases of domestic abuse in relationships, I am here to tell you it is not your fate. The same strong will that has kept you going through the abuse can be used to get yourself out of the abusive relationship you're in. It only takes you to believe that you don't deserve that kind of life. Why? It's really very simple. Because you don't? You were not put on this Earth to be anyone's personal punching bag. You were not put here for someone else to control every aspect of your life and you were not put here to be disrespected by anyone.

It was a June day when my spouse was in one of his moods, I'm sure you're familiar with them. It didn't matter what I did or didn't do, he had every intention of taking his bad day out on me. Abusers, being the cowards that they are, won't stand up to the people they actually have the problem with. It's easier for them to go home and get their power back by abusing someone they know can't fight back. I was thrown face first into the floor with such force there was no time to put my arms out to stop myself. This happened because he came up behind me, how cowardly is that? When I looked in the mirror and saw my chin, cheeks and lips full of bruises that surfaced immediately, that was the time I had the "aha" moment. I thought to myself, you are a grown Woman who has taken this type of abuse most of your life. It was either stand up and change my life now or resign myself to the fact that this was my life forever. So I went to the authorities. Unfortunately I was told I had to press charges or nothing could be done. Anyone in a situation like mine knows you don't just have them arrested. I would have ended up with no money, no job and no place to stay.

My next call was to CASA because I was told at least the abuse would be documented even if I couldn't make a move at that time. I was apprehensive going in. I learned about job opportunities, shelters and attended group counseling sessions. But then I was assigned a personal Counselor. Over the months we talked about my past, present and future. I learned about my strengths and weaknesses and how to use my strengths and overcome my weaknesses. Then an amazing thing happened, I began to believe that I really did have a future and it was up to me to make it happen and make it bright. During a counseling session I mentioned how cool I thought it would be to become a Pet Groomer. Much to my surprise my Counselor told me they offered funding for furthering your education. That's exactly what they did. I enrolled in a Pet Grooming College, studied hard and graduated with an Honor Certificate as a Certified Pet Groomer. Before I was finished I was offered a job by a Major Company. I now make enough money to live on my own and have wonderful benefits including health insurance, which was a major factor in leaving the abusive relationship. I sometimes wonder how different things would be right now had I not made the call to CASA.

So, back to the song. If life is constantly giving you lemons make that lemonade! Don't let that light inside you, the one that has kept you going through the abuse and hard times, go out. Don't let it flicker and fade. That light is your survival and your driving force, let it shine!

Upcoming Events

Please join us for the **11th Annual *run, jane, run* Golf Tournament** on Monday, June 6, 2016 at the Black Rock Golf Course. Tee Time is at 1 PM. Four person scramble flighted tournament. Mulligans and Raffles available. Entry fee includes driving range, greens fee, cart, putting contest, luncheon, beverages, dinner, awards, and door prize for each player. Please contact our office at 301.739.4990 or JoAnne Papa at 301.991.8839 (w) or 301.739.6999 (h) to register or for more information regarding this event! Come enjoy a fun day of golf and support CASA, Inc.



CASA Annual Dinner 2016



On March 9, 2016, CASA, Inc. held its Annual Dinner Meeting. The staff and board members attended the social hour and dinner at the Morris Frock American Legion Post 42 in Hagerstown. Awards were presented to numerous staff for years of service. An award for 20 Years Of Service as a Board Member was presented to Mindy Marsden. The Past President's Award was given to Dr. Carl Galligan upon his completion of his term as President of the Board. Pictured left to right is Dr. Carl Galligan, Mindy Marsden and Jack Hall (incoming Board President).

Thank You



Thankyou to AllShred for



Sherry and Ralph Sellers from Zion UCC Church donated 10 beautiful Easter Baskets for our children to enjoy! These baskets are overflowing with an assortment of goodies for each child.



For Christmas, the Hancock Interact Club slept in cardboard boxes to raise money to purchase items for 17 bags of gifts for our shelter clients. Chief Buskirk and Ms. McCusker delivered the bags and paused for a photo with Crista, our Fiscal Manager.



From Big Brothers Big Sisters of Washington County, Mary, Tracy and Kim brought in the money raised from their casual day donations and posed with our Executive Director, Vicki.



Patrick and Brice, from Hagerstown Auto Spa, delivered a Thanksgiving basket filled with goodies, including a turkey!

Thank you to all the individuals, groups and businesses who donate to our agency throughout the year! We appreciate your thoughtfulness and couldn't do what we do without all of you!



Legislative Update

HB 155/SB 278 Criminal Law– Stalking and Harassment

Removes the requirement that the act in question be “malicious” and adds language to prohibit stalking and harassment that “intends to cause or knows or reasonably should have known that the conduct would cause serious emotional distress to another.”

HB 314/SB 346 Peace Orders– Grounds for Relief

Adds misuse of telephone; misuse of electronic communication; revenge porn; and visual surveillance to the list of offenses for which a petitioner can file for a Peace Order.

Visit the Maryland Network Against Domestic Violence’s Website (www.mnadv.org) for a list of other bills of interest.

Wish List

If you would like to donate items to benefit victims of domestic violence and sexual assault, please consider the following items:

- Gift cards (gas, grocery, restaurants, Wal-Mart, Target, malls)
- Small wallets or organizational folders
- New, never worn robes, sweatpants & sweatshirts, underwear, socks, flip-flops and slippers for women and children
- Baby supplies
- New alarm clocks & umbrellas
- Canned and boxed food items
- Cleaning supplies
- Paper products
- Over the counter medications
- Planners and calendars
- Working cell phones and chargers for use as 911 phones, as well as any other cell phone or mobile device to be recycled through Shelter Alliance.

Many ways to donate!

If you are looking to donate to CASA, Inc, to help victims of domestic violence and sexual assault, there are several options.

- * You can use the enclosed envelope and send in a check or money order.
- * You can donate online using PayPal at www.casainc.org (click on *Get Involved*)
- * You can donate online through the Washington County Gives on May 3, 2016 at washingtontycountygives.org and select CASA.
- * During your estate planning and/or creating or modifying your will, please keep CASA in mind.
- * To find out how CASA can help you turn your highly appreciated assets into a charitable donation to CASA without capital gain tax burden, please call us today at 301.739.4990 or email us at casa5@myactv.net.

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An Equal Opportunity Affirmative Action Employer. CASA, Inc. does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, disabilities, or age in the provision of services.

Let the Healing Begin.

