



# Coburn Place

*Because we believe everyone deserves a safe home.*

## What's Inside

**A new life brings new successes** for one Coburn Place family. .... page 2

**New year brings new faces:** Meet the board and our new case manager. .... page 4

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Old and new **traditions mingle** during the holiday season. ....page 5

## Save the Dates

09.07.07 - **Spotlight on Coburn Place**

10.11.07  
10.12.07 - **Designers' Closet**  
10.13.07

## Helping Families Start Anew

Printed information about Coburn Place includes the phrase, "Coburn Place Safe Haven provides women and their children a chance to start anew." "Anew" is not a word that most of us incorporate in our everyday conversations. But it is the perfect word to describe the way our families can live their lives in "a new and different manner or form," as Webster defines it.

A significant way that we help our families to live their lives in a different manner is through required participation in family development classes. Because many of our families have experienced generations of family violence, they need support and redirection with parenting their children. Positive comments and evidence of healthier, happier families follow the eight-week classes.

### Family "Redevelopment"

During the first class, moms are asked to do a complete shift in thinking. Our moms have been controlled by their abusers. Now, moms are told that they are the ones in control. They learn that acknowledging stress and being honest with

their children is good, to a point. They also learn that having a schedule for regular meal times, bedtimes, study, and play helps a family adjust to stressful times. Homework for the women includes developing a schedule and bringing it to the next class.

The second class is the all-important one on discipline and using positive reinforcement. Coburn Place does not allow any hitting, slapping, spanking, coercing or intimidating! In domestic violence situations, the one in control has the power. Often that control is physical and is always intimidating. We help our families unlearn that vicious and destructive cycle.

The third and fourth sessions on nutrition and hygiene and on school as a priority are always interesting. Laughter accompanies the discussion about the benefits of a healthy start to the day, as opposed to a breakfast of Mountain Dew and cookies! Children learn better when they are fed well, clean and feeling good about themselves. Don't we all? Women are encouraged to raise the bar on healthy meals, personal care and expectations for school.

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*continued on page 2*

# Letter from Executive Director

Dear Friends,

You will see the word “new” often in this edition of our newsletter. The beginning of a new year is a traditional time for people to put into practice new ideas. We are no exception, so we are taking the opportunity to share with you the “news” at Coburn Place.



We have a new family success to share, as well as information on new family development practices for our moms. New traditions, combined with some old favorites are always fun to include. We have new dates for our favorite fundraisers to announce.

We welcome a new member to our staff, and we announce newly elected board officers and re-elected dedicated board members. All are renewing their dedication to our mission at Coburn Place.

We include a new Bureau of Justice Statistic Report but share “the rest of the story,” providing important new information to give a balanced view to you.

Whether you are a new friend or one whose friendship we have enjoyed for years, we thank you for your support and commitment to our work. Please enjoy reading our “news.”

Happy *New Year!*

*Lianne*

# A Fresh Start

“Julie” began running for her life three years ago. She had her children in tow, ages three and infant. Julie clearly understood both she and her children would not be safe if they stayed. Making the choice to leave, her journey began.

Julie ran from state to state. “He” always ended up finding her through friends. At her wit’s end, and wanting to be near her family again, Julie came to Indianapolis. Here, she learned of Coburn Place. She hoped she could stop running.

Seven months into living at Coburn Place, Julie had a message on her cell phone from her abuser. He didn’t know where she was, but he had located her number. She was ready to run again. Fortunately, she talked with her case manager, weighed her options, and elected to stay. Our 24/7 security was a major factor in her decision. Julie could now stop running and focus on the process of healing.

“I was a mess. I didn’t think I was capable of doing anything,” Julie

admits. “I knew if I couldn’t love myself, I couldn’t heal. If I couldn’t love myself, I couldn’t take care of my kids. Coburn Place – the case managers, the counselors, even the friends I’ve made through the sewing program – have helped me so much!”

Counseling has helped Julie begin to see what a wonderful person she is. She says she can now “love herself.” Because she can do that, she also is taking better care of her children. She has seen them flourish here. “My kids aren’t scared anymore. They hug on everybody here. They just love it.”

Julie now has a great job with the State. Her 6-year old attends school, and the 4-year old goes to a wonderful day care center. She is excited to have just bought a new car. Julie credits the love and support of the therapists and staff with her survival and her success. “I don’t know what I would have done without Coburn Place. I feel like I have a new beginning on life.” 🏠

“I was a mess. I didn’t think I was capable of doing anything,” Julie admits. “I knew if I couldn’t love myself, I couldn’t heal. If I couldn’t love myself, I couldn’t take care of my kids. Coburn Place – the case managers, the counselors, even the friends I’ve made through the sewing program – have helped me so much!”

- “Julie”, 16-month  
Coburn Place resident

## “Helping” continued from page 1

Subsequent sessions help women learn to take time out for themselves...and to break the cycle of expecting the worst. Because our women have been told they will never amount to much, have no worth and are failures, they need to learn to have higher expectations for themselves and their children. They must think of goals as attainable, not as something beyond reach. They can only get what they expect, and they must expect more. This is very new thinking for most.

Coburn Place moms want to be good parents to their children. After participating in family development, sharing with each other, gaining strength through counseling, and receiving support from a caring staff, they are ready to start “anew.”



# New Donations

## October - December 2006

### \$1,000 +

Anonymous (3)	Sue and Tom Kilian	Kathy and Jim Pease	Lisa and Phil Stoffregen
Nancy and Jack Bugher	Mary Louise Krise	Myrta Pulliam	Jane and Bob Wildman
Phoebe Crane	J'Nell Henig Laikin	Yvonne Shaheen	Mary Ann and Gene Zink
Anne Drackett Garber	Robin and Bob Lauth	Lianne Somerville	

### \$500 - \$999

Leah Austin	Miriam and Robert Holden	Patsy Solinger	Cathy and Robert Turner
Nancy Ayres	Stacy Kilian		

### \$250 - \$499

Anonymous	Joy and Robert Elzer	Lana and Glen Lehman	Suzanne and Rollin Rhea
Katy and Dan Cantor	Myra and Donald Fisher	Amy and Rex Miller	Dr. Sheila Triplett
Becky and Fred Carey	Tracy and Bill Holt	Mary Pelton	
Sally and Manuel Debono			

### \$100 - \$249

Anonymous (4)	Margaret Anne Ervin	Jeannine Kenley	Judy Schulz
J.J. Abrams	Mary Jane Failey	Beth Lehman and Matthew Waidelich	Lois and John Sherman
Jeffrey Arnold	Janet Fowler	Marnie Maxwell	Shirley and Jesse Shively
Judy and Jon Birge	Roger Gregory	Maureen and Erwin Nesvacil	Joan and Ed Staubach
Wendy Boyle	Debbie and John Grew	Kristina and Joel O'Neil and Family	Emily and Jim Sturman
Constance Brown	Bob Hammerle	Melissa and Bruce Pennamped	Eloise Valinet
Lorene Burkhardt	Jennifer and Jerry Harbin	Midge Peschau	Lucille Wall
Tonya and Andrew Burroughs	Sandy and Bill Hendrickson	Judy and Phil Reuter	Becky Wilson
Susan and Michael Conner	Alice and Stan Hillis	Bonnie and Arthur Rettig	Pattie and Bob Wollenburg
Alice and Fred Croner	Carol and H.W. Hosford	Marjorie Root	Melanie and Phil Wood
Murph Damron	Doris Karr	Pat and Bob Rydell	Kathryn and Zimmerman and Peter Fisher
Florie and Joe Eaton			

### Up to \$99

Anonymous (11)	Kelli Hall	Nancy and William Lawler	Judy and Frank Ranger
Caroline Altman Smith	Kathleen and Ritch Hanna	Ross Ledgerwood and Karen Barber	Elaine and Tom Reidy
Mary Ann and Paul Auer	Beth Hansen	Judi Leland	Jean Reynolds
Lisa Benjamin	Anita Harden	Sharon and Brian Lindsay	Diane Roe
Pamela Buford	Roz Hazzard	Sharon Lohrmann	Gloria Ryan
Julie Champagne	Annette and Ray Henderson	Dorothy Lyman Resneck	P.J. Sheppard
Jim Chapman	Laura Henn	Julie Marsh	Tommie and Richard Sievert
Sannie Cloud	Janet Herke	Carla Maxey	Roberta Smith
Pamela Cooke	Sarah Herrholz	Cheri and Melvin Morris	Mary Stall
Loretta and Jim Crane	Jerry Hoaglin	Nicole Mungal-Stille	Eleanor and William Steinhilber
Alice and Dick Christopher	Jennifer and Stephen Hodgson	Matt Naikelis	Anita and Jeff Stevens
Ellen and Mike Clippingier	Betty Hogsett	Lona Neal	Kevin Strawbridge and Sarah Childers
Dolores Darden	Kim Holmes	Virginia Neff	Gail and Tony Strong
Kathryn and Donald Densborn	Debbie and Mike Holtsclaw	Mary P. Nye	LaTonya and Nate Turner
Mariann and Terrance Dillon	Maureen Houghland	Lynn Pardo	Karen and Kenneth Wichman
DeAndrea Edmond	Betty Housefield	Julie Paul	Joan Van Wyk
Nanci and Hank Feuer	Diane and Eugene Johnson	Janet Penwell	Nonie and David Vonnegut-Gabovitch
Sherri Folsom	Rhonda Jones	Valerie and Dennis Porter	Janice and Robert Vote
Marianne Froderman	Carolyn Kelsey	Barbara Preston	Alain Weber and Lourdes Luna
Jessica Glendening	Denise Kouril	Beth and Matthew Price	Jan Woodruff and Bill Rice
Susan and Rich Graffis	Beverly Lang	Janet and Mark Raker	Gemma and R.D. Woods
Elizabeth Grossman			

### Civic, Corporate, Faith-Based and Foundations

Alpha Chi Omega Foundation	Indianapolis Foundation, an affiliate of the	Netherleigh Fund, a fund of the Indianapolis	R. B. Annis Educational Foundation
Black Nurses Association	Central Indiana Community Foundation	Foundation	Randle Family Foundation
Brehob Nursery	Indy Hi-Winders	North United Methodist Church	Realtor Foundation
Cendant Corporation	John Knox Presbyterian Church	Omega Phi Tau	Richard M. Fairbanks Foundation, Inc.
Coalition of 100 Black Women	Lumina Foundation for Education	Oxford Consulting Group, Inc.	Roto Clean
Delta Delta Delta Indianapolis Alumnae	Miles & Finch Insurance LLC	Petty Custom Homes	Target Stores
Chapter	Neff Family Foundation	Pilgrim Lutheran Church	The Mothershead Foundation
Hoover Family Foundation			

# New Board Officers and Members Elected



Coburn Place held its annual meeting in January. Newly elected officers include:

Elizabeth (Liz) Gibson – Chair  
Heather Moss – Vice Chair/Chair Elect  
Yvonne Perkins - Treasurer  
Ralph Taylor – Secretary

Members re-elected to the Board include: David Berry, Dennis Cecil, Serquitto Corner, Lisa Curry, John Herriman, Stacy Kilian, Phillip

Stoffregen, Charles Sutphin, Rita Venable, and Jeffrey Whiting.

The Board and staff presented a plaque to departing board member, Judge Robert (Bob) Altice, for his ten years of dedicated board service. Bob informed board and staff that he is proud of the work we do at Coburn Place and will remain an advocate and a resource for our residents.

Outgoing Chairman, Phil Stoffregen, said, “I am so proud to work with this fantastic board. Not only are you dedicated to the cause of Coburn Place, you are a fantastic group of people.”

We second that, Phil!

# Coburn Place Welcomes New Case Manager



We are pleased to welcome Libby Pollak, MSW to our program staff. Libby provides case management to our residents, helping them develop individual achievement plans. With Libby's guidance, our women will reach their goals.

Several of our residents were excited to see Libby again. In her previous

position, she gave them support at the Julian Center. While there, Libby was a Family Advocate and a Program Services Coordinator, responsible for the transitional housing program.

Libby is a lifelong resident of Indianapolis. She and her husband are proud “parents” of Frances, a basset hound puppy. Libby adds

expertise and great resources to our program. Welcome to our team!

# Searching For Someone Never Knew

by Candace, a Coburn Place resident.

Candace is a 22-month resident of Coburn Place. As part of her healing process, she writes poetry.

I have searched and I have now rescued  
The single most valuable tool  
To help sustain a life I dream of  
On a road to prosperity and accomplishment.  
OH! How wonderful it feels to have direction now.  
With this tool, I have discovered that grief  
From being lost and confused,  
With no understanding of purpose,  
Gave me the reason to dig deeper and deeper  
For the answers that lie beneath;  
To find out there is so much buried  
That can be pursued.  
OH! How wonderful it feels to have choices now,  
And in due time, hope to pursue them all  
Now that I have rescued ME.  
OH! How joyful it feels to be discovered.  
Now it's time to start living,  
Living life for real.

# Recent A. P. Article Doesn't Tell the Whole Story

A recent Associated Press news story appeared in the *Indianapolis Star*. The headline read "Big Drop Seen in Domestic Violence Rates." The story was based on a recent Bureau of Justice Statistics (BJS) Report (Family Violence Statistics) released in June 2005. The report appears to indicate that family violence rates have declined by more than half between 1993 and 2002. However, the story behind the report is much more complex than the headline seems to indicate.

The Indiana Coalition Against Domestic Violence (ICADV) has been assessing the report. Some ICADV findings include the following:

\* Based on the BJS data, family violence as a proportion of all violent victimization has remained fairly stable over the past 10 years. While

violent crime has declined sharply during this period, family violence has not. Moreover, family violence is declining at a slower rate than other violent crimes.

\* Family violence, as defined in the BJS report, includes child abuse (where declines were much sharper) and excludes (in most instances) intimate partner violence against heterosexual current or former girlfriends or boyfriends and against all same sex partners. These data, therefore, provide an imprecise measure of the full scope of intimate partner abuse and the impact of programs designed to address it.

\* The BJS Report is consistent with other studies in showing that the majority of victims of intimate partner violence are females abused by a male partner. Reports from 1998

– 2004 indicate that 84% of spouse abuse victims were female, as were 86% of those abused by a boyfriend or girlfriend.

During the same BJS reporting period, community-based domestic violence programs have typically seen an increase in requests for emergency shelter, hotline calls, support groups and advocacy services. Expanded outreach and public awareness efforts are working to reach those in danger and let them know that services are available. Such efforts need continued support.

While the overall story about the trend in intimate partner violence is complex, the results are encouraging and demonstrate the need for continued Federal and community-based services support. 🏠

**"During the same BJS (Bureau of Justice Statistics) reporting period, community-based domestic violence programs have typically seen an increase in requests for emergency shelter, hotline calls, support groups and advocacy services."**

## New Traditions Combine With Old Favorites

What a joyful time the holiday season was at Coburn Place! New traditions were begun, and old ones continued.

Sisters in Stitches started the new traditions with "Elf Workshops." Our ladies learned to make Christmas stockings, special bows, and knitted hats. Head SIS, Shelly Leer, brought in new volunteers. One came with dozens of Christmas cookies and all the "fixins" for decorating. The residents decorated cookies, listened to Christmas carols, and even made presents for staff!

Another new tradition delighted the children. Santa Claus (aka Jessica McCarthy of WNDY-TV) delivered surprise gifts at midnight on Christ-

mas Eve. While the little ones slept, "Santa" presents were placed outside of each apartment door. Not even the moms were aware Santa was going to make his midnight visit!

Speaking of Santa, "old favorite" traditions continued with the KPMG Christmas party – complete with Santa Claus, who gets around at this time of year! Each child was able to tell Santa a special wish. From the beautiful decorations to the delicious dinner and Christmas cookies – all made by KPMG staff – everyone was in the holiday spirit.

A tradition was revived as our children attended a holiday play, "Beauty and the Beast" as guests of

Indianapolis Civic Theatre. And, to welcome in 2007, the annual New Year Craft Club Party, under the leadership of June Blaydes, celebrated new beginnings with noisemakers, hats, and a fabulous feast.

Thank you to everyone for making these new – and old – "traditions" so special for our families. 🏠



Our Craft Club ladies take a brief moment from their annual New Year's celebration preparations to pose for the camera. L to R Dee Craft, Judy Ranger, Bobbie Packard, Candy Dorsey, Judy Schulz and June Blaydes.



Everyone deserves a safe home.

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ADDRESS SERVICE REQUESTED

*This newsletter was generously underwritten by* **Bingham ● McHale**  
a t t o r n e y s   a t   l a w

### About Coburn Place Safe Haven

Coburn Place Safe Haven provides women and their children a chance to start anew, to finally accomplish a dream that an abusive partner and circumstances prevented. Coburn Place provides furnished apartments, complete with dishes, linens and toys for children. Women may live at Coburn Place for up to two years.

In exchange for affordable housing and utilities, a woman must be employed, enrolled in school or in job training. These efforts will help develop a better future for women and their children. Residents sign a six-month lease, pay a percentage of their income for rent and utilities and create budgets that enable them to save money for permanent housing after two years.

Coburn Place is a member of the Domestic Violence Network of Greater Indianapolis and the Indiana Coalition Against Domestic Violence.

### Board of Directors

Dave Berry  
Dennis Cecil  
Serquitto Corner  
Lisa Curry  
Liz Gibson  
Bart Herriman  
Stacy Kilian  
Heather Moss  
Yvonne Perkins  
Phil Stoffregen  
Charlie Sutphin  
Ralph Taylor  
Rita Venable  
Jeff Whiting

### Supportive Services Offered to All Residents

- Comprehensive case management
- Weekly therapeutic support groups
- Individual and family counseling
- Economic Education
- *Sisters In Stitches*, a sewing training program
- Credit counseling
- Education referrals
- Family development classes
- HIV/AIDS education
- Children's activities, including seasonal camps and support groups
- Legal advocacy
- Medical care
- Permanent housing assistance and referrals
- 24/7 Security
- Other workshops and sessions that are supportive and informative