

April marks the official 22nd anniversary of Sexual Assault Awareness Month (SAAM)

Community Crisis Center is dedicated to supporting survivors of sexual violence every day of the year – but each April, for SAAM, we do something more – we ask individuals and our community to join us in sharing information about SA, on how an individual can get involved in their community's activities this month, including volunteering and donating to a local organization that supports SA survivors.

Together we can support survivors and change the way our community responds to sexual violence

SAAM Calendar of activities

April 6th

Empowerment Self-Defense Workshop
 6 to 8 pm, Elgin Community College*

April 6th

Full-Moon Bike Ride by Elgin Community Bikes
 9 pm, Festival Park

April 6th and 7th

WHAT THEY WORE exhibit
 6 to 9 pm, Side Street Studio Arts Theater

April 17th

Empowerment Self-Defense Workshop
 7 to 8:30 pm, Gail Borden Public Library

April 19th

Empowerment Self-Defense Workshop
 6 to 8 pm, Elgin Community College*

April 27th

Be the Voice for the Voiceless event by Deanna Hynes
 7 to 8:30 pm, at ECC, Seigle Auditorium

Community Crisis Center's

What They Wore

"What were you wearing?" is a question that many survivors of sexual assault hear when they first talk about their assault.

This year for Sexual Assault Awareness Month, the Community Crisis Center is challenging the victim-blaming myth that clothing invites sexual assault. Survivors will be sharing their stories and what they wore. The purpose of this exhibit is for individuals to reconsider their long-held beliefs about rape/sexual assault.



April 6-7, 2023
 6pm-9pm
 Side Street Studio Arts Theater
 15 1/2 Ziegler Ct, Elgin IL60120
 (door to the right of the gallery)

24/7 Crisis Hotline:
 847-697-2380
 AYUDA en español
 847-697-9740

Sexual Assault Awareness Month 2023

Gretchen S. Vapnar
Community
 CRISIS CENTER SM *always hope*

* Free CEUs for CDVP, CPAIP, LPC/LCPC, LSW/LCSW. Registration required.

Sexual Violence and key facts*

Sexual violence refers to unwanted or coercive sexual behavior from sexual bullying to rape. The terms rape, sexual assault and sexual abuse are often used interchangeably and refer to coercive forced sexual contact. Most important: sexual violence is never the victim's fault. Any person, regardless of race, gender or sexuality, can be a victim of sexual violence.

- 1 in 3 women in the U.S. experience some form of contact sexual violence in their lifetime
- 1 in 6 men in the U.S. experience sexual violence in their lifetime
- 23 million women in the U.S. have been the victims of completed or attempted rape at some point in their lifetime
- 31% of teen girls have been victims of sexual assault or violence
- 77% of rape victims were known to their attackers
- The lifetime cost per victim of sexual assault is \$122,461

* per ICASA Website

2022 Community Impact

Last year the Community Crisis Center provided the following services and items to those in crisis:

- **22,259 hours** of critical social services across
- **43,840 points of contact** with CCC staff that included
- **3,201 clients** as well as other numerous individuals in need were served by staff and volunteers
- **\$501,219** in emergency financial aid to 727 households for housing, transportation and utilities
- **23,394 emergency and holiday meals** were provided to 711 families
- **97,322 personal care items** were provided to 3,349 families
- **5,088 nights** of safe, confidential shelter were provided to 262 adults and children



CCC to Offer Empowerment Self-Defense Workshops in April

This month CCC will be holding several Empowerment Self-Defense (ESD) workshops at various locations in Elgin by our Domestic and Sexual Violence Counseling Program Coordinator, Juli Brown. Juli has a 4th degree black belt and has been training in martial arts for the past 17 years, teaching self-defense for 14 years, and is a certified ESD instructor.

ESD is a comprehensive approach to violence prevention and resistance education that emphasizes awareness and boundary-setting skills in addition to physical strategies. ESD recognizes that almost 80% of sexual assaults are perpetrated by someone the survivor knows. ESD is also the only self-defense training that has been shown in research to be effective in reducing rates of sexual assault, and attempted sexual assault.

"I love teaching these workshops because I believe this information is so necessary, and because you can see how empowered people feel after taking a class. It can be scary to talk about what could happen, and how you might respond, but participants often come away from a workshop feeling more confident that they would know how they could respond to protect themselves," Juli says. She also mentions that anyone can learn ESD, regardless of age, previous experience, or physical ability. "I think people are often relieved to see that there are simple strategies that can be really effective".

Ending sexual violence requires a multi-faceted approach that includes counseling and advocacy for survivors, working within systems to ensure that survivors have access to the resources and rights they deserve, educating girls and boys with accurate information about assault and consent, holding perpetrators accountable, and working to change cultural norms that can increase the likelihood that sexual assault will occur. ESD is one piece of the puzzle to help empower people to build their skills and confidence, which in turns reduces their vulnerability to assault.

All workshops are free of charge to the community, and are available for teens and adults. For more information contact Juli Brown at 847.742.4088. Workshop dates and locations are listed on front page.

One Survivor's Story

Liz is a 45-year old woman who began attending counseling services at CCC in 2022. She sought individual counseling because she had been sexually abused as a child and was still experiencing intrusive memories and flashbacks from the abuse. Liz had never sought counseling before, and had never spoken with anyone about the abuse that she had experienced. When she started counseling she expressed feeling depressed, did not leave her house very often, and came to her sessions wearing baggy clothes appearing generally disheveled. She had a history of being a dancer, but had given up dancing many years ago. She met with her counselor individually every week or two for several months.

Counseling sessions at CCC provided her a safe, non-judgmental space where she was able to talk about the abuse she had experienced. Her counselor helped her to explore how the abuse had affected her self-esteem, confidence, and ability to trust others. She grew to recognize that she was isolating herself and had given up activities like dancing that had been meaningful to her. She gradually began going out more, and even signed up to participate in a dance group. Her appearance changed dramatically over the course of her counseling sessions. She put more effort into dressing nicely, smiled more, and had much more energy. She reported feeling more confident in herself and excited about new opportunities. She reported that she was having fewer flashbacks and intrusive thoughts of the abuse, and expressed that she felt she now had a path to heal from the trauma she experienced.



The Community Crisis Center held its 35th Benefit Auction & Gala on March 11th at the Q Center in St. Charles IL. This year's event, co-chaired by Karen & Dan Fox and organized by CCC Assistant Director, Kari Sheppard, staff and volunteers, was a glowing success.

Guests enjoyed a delicious meal while viewing and bidding on more than 250 silent and Live auction items; sports memorabilia, garden items, antiques, jewelry and exotic get aways were some of the most popular items. Terry Dunning again fascinated us with his skill and elegance auctioning off auction items. The auction raised funds for the general operations of the Crisis Center.



Scores of volunteers worked the day of the event to set up and decorate the Q Center's Fox River Ballroom and many more worked the evening of the event. The Community Crisis Center is indebted to the volunteers as well as the auction committee, Crisis Center staff and many other volunteers who worked to make this event a grand success. We couldn't have done it without you. This year's Gala also wouldn't have been possible without the generous support of our Sponsors:

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Harry and Debbie Seigle

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Volunteer Corner

A huge thank you to all CCC staff and volunteers who helped with this year's Gala. From helping with decorations and setting up items, to selling raffle tickets and beads, manning auction tables and clean up, your assistance was invaluable. This year we had 50 volunteers dedicate more than 160 volunteer hours. Lastly, a huge thank you to Top Pick Athletics in Sugar Grove and The Bear Family Restaurants for their support this year! If you are interested in volunteering with us, contact Marissa Laurie at mlaurie@crisiscenter.org





OUR VISION

To eradicate violence and end crisis

OUR MISSION

Community Crisis Center's skilled, caring individuals provide 24/7 crisis intervention, resources and shelter

Since 1975 the Community Crisis Center has focused on being 'always home' for individuals and families in crisis in the Fox Valley Region of Northern Illinois. Whether that crisis be domestic or sexual violence, financial need, or emotional anguish, the Crisis Center's mission is that our skilled and caring individuals provide 24/7 crisis intervention, resources and shelter to those in need.

Our organization is often the last hope for those with few to no resources or support. Through the generous support of our community partners, residents and community funders, we are able to provide those in crisis not only with 24/7 year-round critical social services, assistance with shelter, transportation, and personal care resources but with legal, medical and educational advocacy as well.

CRISIS CENTER'S WISH LIST

- Diapers: Size 4, 5, and 6
- Toiletries: Shampoo, deodorant, disposable wipes
- Canned Food items for our homeless walk-ins: ready to eat with pop top – ravioli, chili, tuna, soups, mac-n-cheese, single serve fruit, snacks

The Crisis Center provided services to 3,201 clients in 2022 through the following programs that are staffed 24/7 by professionally trained staff with a minimum requirement of a bachelor's degree in a related field.

Domestic and Sexual Violence Program

This program provides emergency shelter, a 24-hour crisis hotline, counseling, court and hospital advocacy, support groups for victims and support groups for victims' children.

Abuse Intervention Program (AIP)

This program provides off-site individual assessments and individual and group counseling to those individuals who have been abusive to intimate partners or family members.

Children's Program

This program provides a safe, nurturing environment where children are free to express feelings, play peacefully, learn non-violent behaviors and gain age-appropriate knowledge about domestic and sexual violence and trauma.

Economic Crisis Program

This program offers emergency shelter for homeless women and children; financial assistance for housing, utilities and transportation; emergency pantry that provides food, diapers, personal care items and limited clothing; and in-person counseling.

The Community Crisis Center helps victims find their voice. We help perpetrators learn alternatives to abuse. The impact of our work is substantial in that we constantly strive to improve the lives of victims, perpetrators and those individuals and families in need, with the by-product benefit of improving our community as well. We would not be able to do this critical work or provide these critical programs and services to any individual or victim in need in our community without the help and support of our generous donors, funders, volunteers and community partners.



PO Box 1390 • Elgin, IL 60121

Phone: 847-742-4088 • Fax: 847.742.4182 • www.crisiscenter.org