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let’s start the conversation.
St. Patrick’s Day Parade – 3/17
CFPA will walk in Peoria’s Annual St. Patrick’s Day Parade on Sunday, March 17 in downtown Peoria. If you would like to volunteer to participate in the parade and walk on behalf of CFPA, please contact Kelly Ward at kward@centerforpreventionofabuse.org or call 309-691-0551.

I Run With Survivors 5K – 4/13
Join CFPA on Saturday, April 13, 2019 in the Levee District in East Peoria for the second annual “I Run With Survivors” 5K run/1 mile walk in honor of April as Sexual Assault Awareness Month. All ages are invited to participate and the course is stroller, wheelchair, and pet friendly. The race begins at 8:00 a.m. Visit www.centerforpreventionofabuse.org to register. If you are interested in sponsoring the 5K, please reach out to Celsy Martindale at 309-691-0551 or cmartindale@centerforpreventionofabuse.org.

31st Annual Duck Race – 8/24
The Duck Race is CFPA’s signature fundraiser and the success of the Race is essential in raising funds to help all people live free from violence and abuse. CFPA’s Duck Race is the longest running Duck Race in history and this year, we celebrate the 31st anniversary. On August 24, we will once again have 30,000 rubber ducks race down a giant water slide in East Peoria and the first 31 ducks to cross the finish line win a prize for their owner. Prizes range from a cash grand prize, to overnight hotel stays, travel packages, fine jewelry, gift cards, furniture, and more. Ducks are available for sponsorship beginning early June. Stay tuned for more information or reach out to the Marketing team at 309-691-0551.
Forty years ago, Central Illinois’ own REO Speedwagon released a song with that same name. The lyrics are, “Riding the storm out, waiting for the thaw out…”

I’ve had that song on mental replay all day. The song popped up in my mind when I was trying to put to words that the Center for Prevention of Abuse was once again riding the storm out because of someone else’s budget battle, this time at the hands of the Federal government.

The 793-day long budget impasse at the state level in Illinois concluded at the end of 2017. We were finally able to take a deep breath, and it was wonderful. At CFPA, we undertook strategic planning, formulating a plan for the agency’s future. We almost immediately opened a much-needed, and now lauded, department serving survivors of human trafficking, and we began training first responders and others on how to spot it, perhaps saving hundreds of people right here at home. While in the midst of implementing our well-planned strategy – working toward a future continuing to care for people, educating, and ensuring that we meet the needs of our community – we were challenged with the recent shutdown of the Federal government. The episode entered the history books as the lengthiest freeze of Federal funding and services ever.

How did the most recent shutdown affect CFPA? In many ways. It was intimidating in the sense that we did not have any inclination as to when it would end. In terms of actual finances, in total, as leaders in the field of interpersonal violence, we were chosen in a competitive format to receive roughly $1.8 million in Federal funds throughout the year. These are approved grant dollars designated for many services including therapy for survivors of domestic violence and sexual assault, our two emergency shelters, prevention education about body safety and child sex abuse, Orders of Protection, Human Trafficking Services, and more. Perhaps most concerning was the lapse of the crucial Violence Against Women Act (VAWA) which expired, for no practical reason, when the Federal government came to a standstill at the end of 2018. We planned and budgeted for these dollars, but were officially informed that Federal payments were frozen during that time until the shutdown issue was resolved. It was the same song, different verse, than the State’s two-year standoff.

We are proud of the tremendous support and financial stewardship we receive from our private donors and partners. You have allowed us to prepare for just such circumstances. We are comforted and grateful. We remain open and fully operational, 24/7. Your generosity has well enabled us to withstand such uncertainty and unrest within the government. CFPA has proven to be an outstanding investment. As confirmed by our independent audit for FY2018, $.90 of every $1.00 we receive is dedicated to client care. Perhaps most importantly, your donations stay local. We are evenhanded and solid. Many of our sister agencies in Illinois and across the country, may not be so lucky, unable to survive the latest blow aimed at those who champion the fight against domestic violence and sexual assault.

We were in touch with our Federal legislators and hope you were too, encouraging a swift end to the standstill that is preventing the release of payments to CFPA and others like us, and robustly urging the reauthorization of VAWA.

We continue to ride the storm out, wait for the thaw out. Thank you for taking the seat next to us for the journey.

In Peace,

Carol Merna
Executive Director
Human Trafficking Services:
Celebrating Our First Year

By: Sara Sefried, Director of Human Trafficking Services

Human Trafficking Services, a newly formed core department within the Center for Prevention of Abuse, celebrates our first anniversary this January. Celebration may sound like a strange word to describe this milestone, but for me, it is fitting. Within the last year, 40 trafficking survivors received safety and help. Forty people’s lives were changed because of the services we provide. We also provided 43 specialized trainings to law enforcement, medical providers, school personnel, social workers, and other professionals to give them the tools to identify human trafficking and respond appropriately. Sixteen community/civic groups learned about human trafficking and our efforts to combat it. CFPA’s anti-trafficking strategy focuses on the 4P’s, which serves as a framework to combat human trafficking based on the Trafficking Victims Protection Act (TVPA), which made human trafficking a federal crime in 2000.

Prevention
One of the core philosophies within CFPA is the belief that violence is preventable. Human Trafficking Services builds upon this belief through training/education programs and awareness/advocacy campaigns. Our most notable success occurred in October 2018, when we began a partnership with Peoria Public Schools to educate teens on the dynamics of human trafficking. Traffickers often target teens due to their naiveté and desire for independence.

Protection
Providing protection is the key to our victim-centered approach where we prioritize the safety, privacy, and well-being of each survivor. Our trained staff begin each case with a safety and needs assessment. These assessments assist in identifying safety strategies and the development of short and long-term goals. Our specialized trainings ensure that those within our community, who are likely to be confronted with human trafficking, are able to identify the red flags and respond appropriately. Survivors of trafficking have many needs that our team works to provide including but not limited to housing, medical/mental health services, legal and criminal justice advocacy, clothing, food, education, employment, transportation, and linkages to additional community resources.

Princeville State Bank Partnership

Our friends at Princeville State Bank are starting a Donation Account option for customers. Select CFPA when you sign up for a Donation Account and PSB gives back to us! We are thankful for their commitment to building a safe and peaceful community.
Prosecution
Our leadership role within the Central Illinois Human Trafficking Task Force has allowed us to be a key player in the development of human trafficking protocols and procedures within Central Illinois. We have formed strong connections to other key stakeholders. Successful prosecution relies on protecting victims. Our relationships with state legislators allow us to work on protections and thoughtful legislation that promotes safety and justice for victims.

Partnerships
Every day, CFPA forms new partnerships. Considerable time and effort have gone into our marketing efforts. We know that by bringing together a diverse group of partners, we can amplify our message, leverage resources, and accomplish so much more.

To celebrate is to commemorate, observe, honor, mark, salute, recognize, and acknowledge, to reflect on the past, and be reminded of our successes and look for ways to improve. We are ready for year two. We added staff to make sure we can meet the demand for victim services. We are rolling out a new training initiative, which focuses on service workers in the utility industry. Just like law enforcement and other first responders, these individuals are in a position to spot human trafficking.

I invite you to help us celebrate and to become familiar with the dynamics of human trafficking and support our work.

Thank you for joining us and support our efforts to fight human trafficking in Central Illinois.

How Can You Help?
• Learn the indicators of trafficking
• Report your suspicions to the National Human Tafficking Hotline (888.373.7888) and/or your local law enforcement
• Become conscientious and an informed consumer. Buy fair trade/slavery-free products (www.endslaverynow.org & www.dol.gov)
• Host an event to raise awareness
• Donate to CFPA. Check out our website to see what is needed most (www.centerforpreventionofabuse.org)
Many of us would like to believe our children would never be involved in a violent relationship as a teenager and think, that would never happen to my child, they’re too smart for that!

The Prevention Education Team helps high school students throughout the Tri-County area understand the differences between healthy and unhealthy dating relationships through our Teen Dating Violence prevention programming. During the 2017–18 school year, we provided that education to more than 1,000 freshmen as a part of their health classes.

In honor of February as Teen Dating Violence Awareness Month, we want you to understand the prevalence of teen dating violence and how to address this important topic in your own home.

Did you know:
- 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- Violent behavior typically begins between the ages of 12 and 18.
- Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior, and further domestic violence.

These statistics are startling and show the importance of educating young people on how to establish and maintain healthy relationships. It is vital to their future and the future of the communities in which they live.

Throughout Teen Dating Violence prevention programming, students learn the cycle of violence, the warning signs of abuse, how to set healthy boundaries, ways to communicate effectively with their dating partner, and how to support a person who is experiencing abuse. New this year, students also learn about human trafficking.

Sometimes the person showing interest in someone isn’t interested in a healthy, romantic relationship. Instead, their goal may be to establish a relationship in order to gain the young person’s trust and then take advantage of them. This tactic, called “boyfriending,” is common among traffickers.

Traffickers attempt to:
- Prey on a young person’s low self-esteem
- Lure a young person with the promise of expensive luxuries
- Offer the support a young person is not getting at home
- Promise an exciting lifestyle and high income earning potential

“Boyfriending” is just one of the recruitment strategies a trafficker may employ to gain the trust of a potential victim. Schools are often avenues for human trafficking recruitment, so it is important for students to know not everyone who shows interest in them has the best of intentions.

Educating young people about dating partner violence is as necessary as understanding English, algebra, or history. Statistically, for one in three students, it is life-altering.

For more information about our programming or to download our 2019 Teen Dating Violence Prevention Toolkit, visit our website at www.centerforpreventionofabuse.org.

Sources
The Center for Prevention of Abuse is seeking nominations of high school students in Peoria, Tazewell, and Woodford counties who exhibit outstanding work in violence prevention and help build a safe and peaceful community. Maybe they are an advocate against bullying or an expert in peaceful conflict resolution – we want to know!

Anyone has the ability to nominate a student, including but not limited to teachers, coaches, parents, peers, or someone else in contact with the student.

Submissions are accepted until March 31, 2019. Winners will be announced the first week of May 2019.

Download nomination forms at centerforpreventionofabuse.org and submit completed documents to PreventEd@centerforpreventionofabuse.org.
what’s in a donation.

At the Center for Prevention of Abuse, we are so thankful for the community support received through donations. We want you to know exactly where your money goes and how it impacts the lives of all who come to us seeking peace.

$5 could provide personal hygiene products for one person staying in our emergency shelter

$10 could provide fresh produce for a week’s worth of healthy meals for a family in our emergency shelter

$25 could provide a gas card to help outreach clients get to and from appointments with our counselors

$50 could help survivors afford their monthly medications

$100 could cover the cost of one hour-long classroom presentation on violence prevention education

$350 could over the cost of our 24/7 crisis hotline operation for one day

$500 could provide funding for an Adult Protective Services caseworker to investigate possible abuse in the home of an elderly individual

$1,000 could provide six hours of language translation for a trafficking survivor whose native language is not English

$2,500 could provide one month in safe shelter for an individual fleeing a violent or abusive situation

$5,000 could provide two months of therapy for one sexual assault survivor

$10,000 could cover the cost of Safe From the Start for one month, a violence intervention program for children ages 0–5 who have witnessed or experienced an act of violence at home or in the community

Give the gift of peace today by making a monetary donation. Donations can be designated to specific services or as a general donation.

Honorariums and Memorials
Honorariums may be made to celebrate a special occasion and memorials may be given to acknowledge a lost friend or loved one.

Stock, Real Estate, and Insurance Policies
Donations can be made in the form of capital assets.

Donations that Leave a Legacy
Remembering CFPA in your estate plans can save and change lives for many years to come. A bequest can be designated to a certain program of CFPA or used at CFPA’s discretion. However, if a donor wishes, a bequest can be designated to one of two endowment funds. The Slane Endowment Fund supports the general operations of The Center and the McPheeters Endowment Fund supports the Prevention Education program.

For more information about monetary donations, honorariums, memorials, capital assets, and legacy donations, please call 309-691-0551.
Thank you for your partnership and commitment to making the 2018 Adopt Our Families Program a huge success! This year with your generous support, 59 families were gifted with presents for the holiday season. These presents are worth so much more than their price tag. Your eagerness to ‘adopt’ a family shows our clients just how much their community cares about them and for that they truly are so thankful. We are proud to work in partnership with you and look forward to another successful Adopt Our Families Program in 2019!

Last October, The Mythili Dance Academy (MDA), the oldest and premier institution of traditional Indian Bharatanatyam dance in Peoria, Illinois, in collaboration with the Caterpillar Asian Indian Community, raised more than $60,000 for CFPA at its bi-annual fundraiser. MDA’s mission is to collaborate with diverse dance communities and raise funds for important causes. More than 120 dancers ranging from ballet, traditional Indian dance, Chinese dance, Mediterranean dance, and more came together to put on a spectacular performance celebrating the Indian folk tale, “Tale of the Anklets.”
What an incredible season we had this year for our Adopt Our Families Campaign. This year we were able to provide gifts to nearly 70 families, all of our shelter residents, all of our apartment tenants, and were even able to share some of the wealth with Friendship House. We cannot thank all of our generous donors and volunteers enough for their outpouring of gifts, monetary donations, and their precious time. We could not do the things we do without you!

- Fresh meat, eggs, milk, and fresh produce
- Canned tuna and chicken
- Coffee, cream, and sugar
- Oatmeal
- Microwavable rice, pasta, and other sides
- Peanut butter and jelly
- Bottled water and juice boxes
- Cereals, granola bars, Pop-Tarts
- Healthy snack items for children
- Canned fruits and vegetables
- Canned soups, stews, and pastas
- Cleaning supplies: Clorox-type wipes, bleach-free cleaner, sponges
- Pajamas for a variety of ages and genders
- Packaged socks and underwear (new)
- Deodorant
- Shaving cream — women’s and men’s
- Full-sized toiletries
- Disposable razors
- Toothbrushes/toothpaste/floss
- Diapers and baby wipes
- Baby formula
- Laundry detergent and dryer sheets
- Paper towels and toilet paper
- Dish and hand soap
- Assorted sizes of Ziploc bags
- Full-size hand sanitizer
- Cling wrap, wax paper, and aluminum foil
- Cotton swabs
- Large garbage bags
- New or gently used umbrellas

When someone presents as a victim of domestic violence or sexual abuse/assault in local emergency departments, the hospital puts a call in for our medical advocates. Our medical advocates go to the hospital to assist with the individual’s immediate needs and provide information about their rights as a victim. CFPA is currently in need of second and third shift volunteers.

309-691-0551 1-800-559-SAFE (7233)
Becky Sandborg has volunteered for the Center for Prevention of Abuse for more than six years. She found CFPA after joining Entre Nous Club when she was new to the Greater Peoria Area. After joining Entre Nous, she decided to form a volunteer group within the club. She happened upon CFPA’s information and called to see how she could help. From there, she and her group, Helping Hands, met at CFPA once a month to deliver and unload food donations in the shelter kitchen.

Becky’s “helping hands” in the kitchen haven’t stopped with organizing the food. She also likes to cook for the residents. Once a month, Becky makes several meals at her home and brings them by for the shelter residents to enjoy. This started when she noticed a 50 pound bag of frozen chicken was donated and thought it would be hard for a mom to thaw all of that to cook one meal for her kids.

When asked about her favorite part of volunteering for CFPA, she said, “I like to cook for the shelter residents the most because cooking shows love towards someone. I know they’re in a hard position. It’s just something I can do to make it a little easier for them. And every time I bring food, they are just so appreciative.”

Thanks Becky for being a creative cook and a wonderful volunteer!

If you are interested in becoming a volunteer for the Center for Prevention of Abuse, please contact Kelly Ward at 309-691-0551.

Hindu Swayamsevak Sangh (HSS) - Peoria Chapter along with the Peoria Hindu Temple of Central Illinois, on the occasion of the festival of Diwali has been organizing an annual Diwali Food Drive to support CFPA for more than 10 years. This year, they collected almost 1000 pounds of food along with SEWA International Volunteers from Bloomington/Normal.

Thank you to all of our donors during the holiday season!
Appreciating the man in charge of keeping our CFPA facilities in tip-top shape.

Clayton Frankel (CF): How long have you worked at CFPA?

Dave Pugh (DP): 1 year and 8 months.

CF: What lead you to working at CFPA?

DP: I have been doing maintenance for a while and needed a change away from extreme working conditions. Luck had it that CFPA was looking for a maintenance person to fill Kim’s place as she was retiring.

CF: What’s your favorite part about working at CFPA?

DP: My favorite part of working here is the people that work here. Everyone here is like one big family.

CF: With your time here so far, what CFPA project are you most proud of?

DP: I think it would be the Duck Race. I can’t believe that an event could be so well orchestrated and continue to be a great fundraising campaign! Everyone works so hard and every year we make it happen!

CF: Tell us what projects you’re most looking forward to for CFPA.

DP: My biggest project for CFPA is making both the interior and exterior attractive to our guests that come here.

CF: When you’re not being the World’s Best Maintenance Coordinator, what do you like to do fun? Any hobbies?

DP: When I’m not working or being called in afterhours, I go camping around Central Illinois. When my grandson gets older, I hope we will do a lot of camping. I’d love to teach him how to fish and roast marshmallows around a campfire.

CF: Any fun facts about yourself that you’d like to add?

DP: It may be hard for anybody to believe, but I used to DJ. I had my own business and I used to play for school functions, campgrounds, and also a few weddings. I gave it up when today’s music changed where I had to know every lyric of a song in order to not play vulgar language. I was known as the Campground DJ, and later with my son, we were known as Everybody’s DJ Service.
Government shutdown affects abuse prevention

At midnight on Dec. 22, the federal government experienced its 21st government shutdown in recorded history. This is not the lengthiest shutdown at this point, but it appears we are moving in that direction. It’s uncertain and unnerving and a bit like discovering you’re driving the wrong way, head-on into oncoming traffic. We sense real danger ahead, but if we can move quickly, a perilous crash can be avoided.

In central Illinois, the Center for Prevention of Abuse is affected by the current shutdown. A pioneer in providing victim services for survivors of abuse, we are the only agency in Illinois authorized to provide our combination of services under one roof.

We’ve received official notification that payments for grants that have long been awarded to CFPA will be delayed for an unknown period of time — grants that provide crucial funds for free and confidential services for survivors of domestic violence, sexual assault, sexual abuse, human trafficking, elder abuse, abuse of adults with disabilities, and prevention education. The federal financial obligation to CFPA is roughly $1.8 million this fiscal year.

Like many, we empathize with the 800,000+ federal employees who are not allowed to work during the shutdown, or who are working without pay. Those programs are also not permitted to function during the shutdown, affecting hundreds of thousands more people.

For CFPA, this shutdown has meant the lapse of the Violence Against Women Act (VAWA), which ushered in fundamental cultural change in the way our country views and responds to domestic violence and sexual assault. VAWA, a historically bipartisan piece of legislation, was set to expire if not reauthorized on Dec. 21. It helps to fund our Orders of Protection offices in three county courthouses, the Family Justice Center, and a healthy portion of our Prevention Education efforts that is provided to more than 34,000 students in area schools about body safety and child sex abuse prevention.

It also means an interruption in the Victims of Crime Act (VOCA) dollars that help provide therapy for survivors of sexual assault and domestic violence. It, too, helps lift up our offices that assist with Orders of Protection, and it funds our two emergency shelters that last year provided more shelter nights than ever before, totaling near 8,500. While not taxpayer dollars, VOCA is administered by the federal agencies that came to a standstill three weeks ago.

Our newest department, Human Trafficking Services, is funded by the U.S. Department of Justice to care for survivors of what is perhaps the greatest human rights violation of our time. The Center for Prevention of Abuse is today the only sanctioned, trained and federally funded agency that provides services and beds to survivors of human trafficking south of Chicago. Illinois ranks ninth in the country in numbers of people who are victimized by human trafficking.

CFPA has enjoyed a long history of strong financial stewardship, so notwithstanding the government shutdown, our doors remain open and all of our services remain available 24/7 to everyone who wants to live free from violence and abuse.

We need to avoid the harm that an unending government shutdown would bring. Consider contacting your federal legislators and the administration to express your support for the reauthorization of VAWA, survivors of interpersonal violence, agencies like CFPA and the quality care we provide, and a quick, but thoughtful end to this government shutdown.

Carol Merna is Executive Director of the Center for Prevention of Abuse in Peoria.

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center for prevention of abuse

September 1, 2018 – November 30, 2018

Kiwanis Club of South-West Peoria awarded a grant to CFPA for the Safe From the Start program.

CFPA was awarded a $15,000 Community Foundation of Central Illinois Community Needs Grant for Children’s Therapy – Domestic Violence.

Women’s Fund of the Community Foundation of Central Illinois awarded CFPA a grant towards HARTS programming in Prevention.

CFPA was awarded a grant from the Kenneth Keim Endowment Fund for Human Trafficking Education.

Energy Assistance Foundation awarded CFPA a grant for utilities.

Rotary Club of Peoria awarded CFPA a Hunger Grant for shelter.

Fight Against Domestic Violence awarded CFPA a grant towards general operations.

Thank You!

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Donna Hettiger
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UnityPoint Health Methodist-Proctor
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