

## From the Board President

Dedicated to increasing the safety and well-being of individuals victimized by domestic violence, House of Ruth continues to provide core services – residential shelter, community outreach, and counseling – and our service and programs are evolving as we try to be both flexible and adaptable to meet the needs of our ever-changing client population and broader political, social, and economic forces. For example, we are seeing that domestic violence affects both women and men, so we are providing shelter for male clients and their children. While the #MeToo Movement centers around situations that take place outside of the home, it gives House of Ruth the opportunity to present programs that address the prevention of dating violence, sexual violence and domestic violence.

With the Pomona Police Department and Foothill Family Services, we sponsored a candlelight vigil in October to honor both survivors of domestic violence and those who were killed by an abuser. During the month of February, "Teen Dating Violence Awareness Month," House of Ruth held a poster contest for local teens, calling for artwork to raise awareness about dating violence or promoting healthy relationships. Please look for these events to continue in the coming year.

Political changes at all levels – federal, state, and local – are affecting overall budgets and budget priorities. Over the forty years that House of Ruth has been operating, the vast majority of our budget has relied upon government sources, however, we may not be able to continue to expect these resources to be available in the future. In the most recent fiscal year we raised more money than ever from private sources (a combination of foundations and individual donors), and we will need to continue in this direction. One of our priorities over the next few years will be to increase the percent of the



annual budget that comes from private sources and work towards establishing a "safety net" during lean years of government funding.

Changes are also coming to our own neighborhood. As some of you may know, Fuller Theological Seminary has announced that it is

moving from Pasadena to downtown Pomona by 2021. As of now, Fuller has not made public the exact location of their Pomona campus, but the House of Ruth Board and staff are monitoring this significant development and considering how it could affect House of Ruth's programs and services.

We are continuing to explore multiple ways to use social media for outreach to clients, potential clients, and to our supporters. We also know that many people continue to use telephones and old-fashioned mail, so we will still use the U.S. Postal Service, while updating our website, Facebook page, and other forms of social media. During the month of October, please help House of Ruth compete for prize money in the Purple Purse Challenge, an electronic fundraising drive to raise awareness around the serious issue of financial abuse.

I hope you can see how far your contributions to House of Ruth go. With your generous support, our extraordinary staff and exceptional volunteers will be able to keep House of Ruth a leader in the effort to end domestic violence and promote healthy relationships.

Jill Grigsby Incoming President, 2018-2019

## Mission

House of Ruth is dedicated to the safety and well-being of those victimized by domestic violence.

## Vision

Our vision is to end domestic violence and promote healthy relationships.

## Values

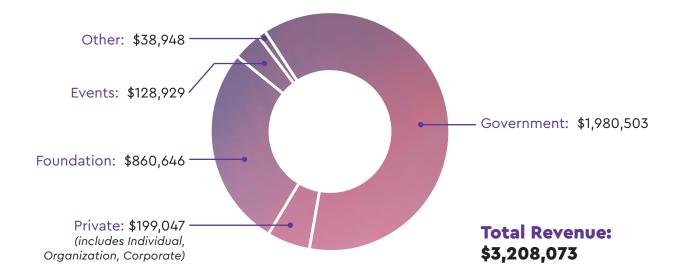
We are committed to our values of non-violence, client centeredness, dignity and worth of all people, social justice and social change, and integrity and competence.

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## Sources of Revenue



## How Your Donations Helped...

people found safety in our Emergency Residential Shelter.

children felt safer through activities in our children's program and CHAT counseling program

people were able to attend case management, classes and support groups in our Outreach Walk-In Center.

teens and youth learned about healthy relationship and teen dating violence from our prevention educators.

## Your dollars make a difference!

\$100 provides 1 Art Therapy group for 10 children.

\$500 provides a 10 week Healthy Relationship class for 25 teenagers in a local high school.

\$1,000 provides 2 women one month of case management support.

\$5,000 provides a 30-night shelter stay for a family of 4.

## A Lifetime of Achievement

Sue Aebischer, Executive Director, recently won the Lifetime Achievement Award at our 40th Anniversary Gala. We are excited to share with you some of the milestones of her achievements! Sue has been a true pioneer in the domestic violence movement, and leaves a legacy of work as a feminist and advocate for ending domestic violence. In 1977, women around the nation began to form groups to help other women. Non-profit agencies were soon formed to help victims of domestic violence and their children. Shelters began to open and women had a safe place to go. Advocates across the country began speaking up and developing policy in our government to provide support to victims of domestic violence. Sue Aebischer was at the forefront to this movement. She has devoted 40 years to helping people escape abuse and find safety.

Sue's work in the domestic violence field began in 1977 when she volunteered for the YWCA. Within a year, she and six other women founded YWCA Wings, a shelter for battered women located in the San Gabriel Valley.

Sue began working at House of Ruth in 1991 as the Shelter Director and was later promoted to the Program Director. In 2005 she assumed the position of Executive Director. During her tenure, Sue has been the foundation of domestic violence work in the greater Pomona Valley. Sue has been an active advocate for the rights of battered women and men, and has provided testimony to the Los Angeles County Board of Supervisors for domestic violence funding. She has held several leadership positions within the field of domestic violence including the L.A. County Domestic Violence Council, and the



San Bernardino County Domestic Violence Coalition. She was a founding member of the Pomona Homeless Continuum of Care Coalition and a member of the L.A. County Department of Social Services Domestic Violence Steering Committee. She chaired a Priority Setting Planning committee for the San Bernardino County Domestic Violence Council, and facilitated the Performance Measurement Planning for L.A. County CalWorks and Domestic Violence committee. She has conducted trainings for colleagues on Working with Survivors of Domestic Violence with Disabilities, Trauma and Domestic Violence, and Oppression. She was awarded the Los Angeles Business Journal "Woman of the Year" Award.

Sue has devoted her life's work to helping battered women, men and their children. She has been instrumental in the strength of the domestic violence movement and has helped thousands of people find their way toward safety and a life filled with hope. We recently sat down and asked Sue a few key questions reflecting on her career.



## Interview with Sue

What are you most proud of in your work in the domestic violence movement?

None of the accomplishments that I can think were done alone. Each involved a lot of consultation, discussion and support by the staff, the board and our volunteers. In fact, the

work that I feel best about is my work directly with people. I hope that every client I have talked with has found a listening ear and solid information. I hope I have inspired our staff to look at our clients as "women who have been abused" and not as "abused women". Our clients are so much more than the traumatic experiences that have hurt them. I hope that I have been able to give volunteers and the community a glimpse into the great joy of working with this population and I hope I have provided donors with an appreciation of how their donations have contributed to the success of so many families. I have met so many awesome people on this journey and my life has been enriched by every one of them.

What advice would you give to a new advocate just starting in this work?

Always learn from your clients. Keep your own control issues in check. Finally, don't give advice.

What do you hope for the future of the domestic violence movement?

The domestic violence field is entering a new phase of our understanding about what it takes to end domestic violence. We know much more about the impact of trauma on the individual and on the community. Many youth have now been exposed to information about healthy relationships and hopefully will carry that information forward into their lives. The movement needs flexibility in order to respond to the needs of women who have been abused. Abusers must be held accountable for their behavior, and we must also recognize that many of them have experienced horrific trauma in their homes as children. Since many of our clients would like to stay in their relationships, we need to figure out ways to help the abuser deal with their own traumas.

## Providing abused and isolated people with quality, compassionate care is the heart of what we do.



#### **Teen Dating Violence Awareness**

The month of February is Teen Dating Violence Awareness month and our staff showed support by standing up to teen dating violence. Did you know that 1 in 3 teens in the U.S. is a victim of physical, emotional or verbal abuse from a partner? Our Prevention Educators focus on students in grades K-12 by having age appropriate discussions about important topics such as bullying, teasing, relationship violence, healthy relationships, sexual harassment, and acquiring conflict resolution skills. We facilitate Wellness Circles for both young women and men, leading a series of 10 sessions focused on issues impacting teens.

"Wellness Circles provide a safe place for teens to grow and find their voice." Sophia Weidner, Prevention Educator



#### **Mother's Day Brunch**

Volunteers and staff prepared a delicious Mother's Day brunch in honor of the mothers residing in our Emergency Residential program. Our Residential Shelter is a 30-day emergency program for survivors of domestic violence and their children, who have fled a dangerous situation. During their shelter stay, survivors are offered case management services, individual counseling, support groups and healthy relationship classes, as well as resources for their future. Case managers provide goal setting, legal and housing advocacy for families, assisting them in developing and executing a case plan during their stay.

Our transitional housing program serves as a stepping stone to becoming self-sufficient while continuing to receive intensive supportive services through House of Ruth programs. Families who participate in this program may need additional support in securing permanent housing due to poverty, educational barriers, financial or safety issues. The Transitional Housing program sets clients up for success and allows for them to become better prepared in becoming self-sufficient.



House of Ruth provides direct services to young survivors of domestic violence through their interactive children's program. This program addresses important topics such as anger, resolving conflict, self-esteem, grief and loss and modeling non-violent behavior. Children are encouraged to participate through play therapy, arts and crafts and groups.

"Volunteers created a beautiful environment and the ladies were grateful to feel like special Moms." Susie Salcedo - Residential Manager



Every year House of Ruth hosts an annual Holiday Store event to bring some holiday cheer during this special season. Despite the struggles endured, our families can shop for each other while sipping on hot chocolate, warm cookies and sing along to their favorite holiday songs. Our families are always pleasantly surprised with the community's generosity and for thinking of them during this difficult transition period.

## House of Ruth's team provides trauma informed expert care to women, men and their children.



#### **40th Anniversary Gala**

House of Ruth celebrated 40 years of transforming lives in the community and to celebrate this vast accomplishment hosted a spectacular evening of entertainment, recognition, and appreciation for the invaluable donor and community support. Our featured speaker for the night was Dunia Elvir, Emmy award winning journalist and nationally acclaimed news anchor for Telemundo 52. Dunia was awarded the Inspirational Woman of the Year Award. A lifetime Achievement award was also presented to our Executive Director Sue Aebischer, by Senator Connie Leyva, for her critical work in the domestic violence movement. It was certainly a night to remember and really showcased the impact House of Ruth has made in renovating lives.

"Working with Dunia Elvir, as she prepared to tell her story publicly for the first time, was an experience I will never forget. She is a true survivor!" Pat Bell - Director of Development



The lead training stands for Learn, Empower, Advocate & Do and teaches teens how to speak up against inequality, oppression and abuse. It prepares participants to not only stand up for themselves but empower others to have a voice. From this training the students learn more about gender stereotypes, acceptance and empathy.



#### Awareness Through Art

House of Ruth hosts an annual art contest for teens ages 13-19 to express their views of what domestic violence is and how it affects the community. Teens are encouraged to choose an art form that best suits them to express their feelings. Some teens expressed themselves through vocal performance, dance, spoken word, digital art or paint. Teens have reported feeling empowered and their pieces are reflective of their own experiences and perception of domestic violence. The first-place winner was Christine Lezama, a 10th grader from Village Academy.

> "Youth in our community heal through art. This event gives them a creative space to communicate how they feel." Elyse Severson - Prevention Education Manager



#### **Youth Advisory Committee**

The Youth Advisory committee was implemented as a forum in which teens could be trained in advocacy and peer education regarding teen dating violence. The committee members come from various local high schools and serve as House of Ruth ambassadors to their peers. Some of the members will give assembly presentations and answer questions about teen dating violence and how to get help.

"We get to learn about healthy relationships while also spreading the word in our own community." Claire Chen - Youth Advisory Committee Member, Fairmount Preparatory Academy

# Violence Prevention education is an important component to break the cycle of abuse.



Top: Pat Bell, Director of Development, Sue Aebischer, Executive Director, Mayor of Pomona, Tim Sandoval and Melissa Pitts, Program Director. Bottom right: Sue Aebischer with board member Eleanor Brown

#### **Survivor Psalm**

I have been victimized. I was in a fight that was not a fair fight. I did not ask for the fight. I lost so much. There is no shame in losing such fights. I have reached the stage of survivor and am no longer a victim of abuse. I look back with sadness rather than hate. I look forward with hope rather than despair. I may never forget, but I need not constantly remember. I was a victim. I am a survivor.

The month of October is domestic violence awareness month. House of Ruth hosts a variety of awareness events including an annual Candlelight Vigil. It's a powerful evening sharing an emotional message with the community, that demonstrates their support for those who have passed and survivors who continue fighting to put an end to violence in the home.

"Every year I reflect on the number of people that have died as a result of domestic violence. Many of them are innocent victims, like the 3 month old baby." Sabrina Almarez - Community Services Manager

### **Domestic Violence Counseling**

Emotional healing is a difficult process. House of Ruth helps survivors process their trauma by providing individual counseling and support groups to survivors. Participants have a safe place where they can talk about the trauma they've endured in the abusive relationship. Our counselors will teach participants about mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness, boundaries, grief over loss and coping skills to alleviate symptoms experienced by the domestic violence trauma. After concluding counseling services, most clients report having fewer episodes of anxiety, depression, and flash-backs therefore feeling more empowered and able to articulate their needs.



The Child Abuse Treatment Program provides counseling and case management services to children 4-18 years of age who have experienced abuse, neglect or violence in their homes, schools or communities. Our counselors utilize a model of trauma-informed care to address the effects of trauma and facilitate the healing of each child in a sensitive manner.



Teens won't call a crisis hotline, but they will text. So to keep up with this emerging trend of communication, House of Ruth's Prevention team recently launched the teen text line which provides a safe and convenient way for teens to reach out and get emotional support from our crisis counselors.

"It's hard for teens to ask for help, so we developed the Teen Text Line to make it easier for them."

Natasha Dunham - Prevention Educator

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Mary Lucy Clark

Mary Teague Kevin McNeelege

Mary Whitford Jacalyn Curtis Maryellen Shaw Jon Tyler

Matt and Nancy Jacobs David Colcough

Murray Johnson Trudi Blair

Nancy Burson Trudi Blair

Patricia Rowlan Hailey Magana

Paul and Tracy Schiro Trudi Blair

Ramon Stella Trudi Blair

Rev. Robert Jones Kathy Nugent

Richard and Teresa Sholander

and Family Trudi Blair

Ritual Chair Edward Miller

Robin Dumas Deborah Hooper

Robin Leonhard Glenn Miya and Steve Llanusa

Rosanne Farris Daniel Farris

Rose Ash Jeanne Kennedy

Rosemary Henze and Joeseph Grieco Anna Cook

**Ruth Hamill** Geoff Hamill

Sabrina Titus Ana Lopez

Samuel Levin Ina Cohen

Sara Di Carlo Dunn Trudi Blair

Sarah Smizer Homer and Rosemary Henderson

Seymour Ann Stromberg Sheryl Robertson Mike Robertson

Shirley Acosta Patricia Hawkins

Sue Aebischer Mary and Fritz Weis

Susan Hume Sara and Dan Domonoske

Susan Hutson Clifford Hutson

Susan Palmer Jeanne Kennedy

Sylvia Schiro Trudi Blair Elizabeth Wingett

Tania Pantoja Dani Otnes Aurouze

The Tannenbaum's Ann Stromberg

The City of Claremont Council and Staff

Shelley Desautels John Schiro and Family

Trudi Blair

Thor Causing Christy McConville

Tia Yole Noelia Rodriguez

Toni Gray Jordan Gray

Trisha Dair David Colclough

Trudi Blair Terese Sholander

Vincent Fwing Denise Banks

Walter Blair Elizabeth Wingett

William Gershon **Grant Gershon** 

Yolanda Quintana Michael Nazzal

## Create a Lasting Legacy

You can continue to support families affected by domestic violence beyond your lifetime by including House of Ruth in your trust or estate plans.

For further information, please contact the Development Department at (909) 868-8007.

# Save the Date!



October 2-31, 2018

#### Purple Purse Challenge

Fundraising campaign to raise awareness for financial abuse bit.ly/purplepurse2018



#### October 9-13, 2018

#### Run for Ruth

A 72 hour extreme run/walk to raise awareness of violence prevention www.runforruth.org



October 25, 2018

#### Candlelight Vigil

A special evening devoted to all the survivors and those that lost their lives. House of Ruth



November - December, 2018

#### Donation collection for Holiday Store

www.houseofruthinc.org/holidaywishlist



A NON-PROFIT TAX EXEMPT ORGANIZATION

P.O. Box 459 | Claremont, CA | 91711 (909) 623-4364 phone | (909) 629-9581 fax 24 hour hotline (877) 988-5559