



# Safe Space May 2015

May 2015

## May is Mental Health Awareness Month

Our staff is available 24 hours a day, 7 days a week, 365 days a year! We are committed to providing excellence in advocacy and resources for victims and survivors of domestic and sexual violence. An advocate can help with:

Emergency Shelter

Court/Hospital Accompaniment

Safety Planning

Support Groups

Clothing/Food/Toiletries

And More!

Mental health is a crucial topic to discuss in relation to domestic and sexual violence. Exposure to violence and unhealthy behaviors is one detriment to a healthy mind.

Domestic and sexual violence can leave a victim feeling withdrawn, depressed, fearful, ashamed, unworthy, or guilty for the actions taken against them. In severe cases, the pattern of power, control and violence can lead a victim to suicidal ideations, or to commit suicide.

It is important to be able to identify the signs of depression and anxiety, and even more important to know where help is available and how to access the resources in the community. Safe Space advocates work closely with pro-

grams such as Western Montana Mental Health and Southwest Montana Community Health Center to connect victims with depression, anxiety or other mental illnesses to a professional who is able to provide appropriate care. For victims of sexual assault, Safe Space may be able to provide up to 6 counseling sessions for a victim to begin the healing process.

Mental health illnesses carry a stigma in society, preventing many of those who are in need from accessing the help available. If you have the flu or a broken bone, you would not hesitate to see a doctor who is able to provide appropriate medical care. Mental illness is the same way-when you are not feeling healthy in a mental state, it is important to connect to a counselor,

therapist or psychiatrist/psychologist who can assess and treat the illness appropriately.

Safe Space is able to speak with victims, and their family members, about the emotional and mental health effects of domestic and sexual violence, offer options for mental health assessments and treatments, and support victims and their family on their path to wellness.

Many times, this may begin as simply as a change in eating and sleeping habits, incorporating exercise into your routine, and identifying healthy outlets for stressful situations, such as Yoga, crafts, gardening, music or art.

Contact a Safe Space advocate if you or someone you know is in need of additional information, or visit our website.

### Inside this issue:

The Future of Safe Space 2-3

Services of Safe Space 4

Thank You's & Testimonials 5

Calendar & Upcoming Events 6-7

Who is Who/Contact Safe Space 8

### 24 Hr Crisis Hotline:

(406) 782-8511

(877) 355-8511

### Contact Us!

Safe Space, Inc.

P. O. Box 594

Butte, MT 59703

### Like us on Facebook:

Facebook.com/  
safespacebuttemt

[www.safespaceonline.org](http://www.safespaceonline.org)

## The Future of Safe Space

There are many needs in our communities. Silver Bow and the surrounding areas have seen increased needs for programs that address homelessness, substance abuse and mental health matters. One need that is also being addressed is emergency and supportive services for victims and survivors of domestic and sexual violence.

In 2014, Safe Space experienced the highest number of services provided. With over 225 individuals, over 1,200 nights of shelter, and over 1,000 crisis hotline calls, it was apparent that the services of Safe Space are known and being utilized. For the last few years, Safe Space's Board of Directors and staff members have been working towards a solution to ensure that no request for services, particular emergency shelter, goes unmet. Safe Space has worked with hotels, motels, and other shelters in the state, to be sure that no victim is left on the street in their time of need. But we knew that this pattern could not continue in a cost effective manner.

Safe Space considered many op-

tions: (1) renovating and expanding the current confidential shelter location while maintaining a secondary public location; (2) build a new facility that would be a public and secured shelter and office setting; or (3) find a facility that is already built and is able to meet the growing needs of the Safe Space program.

Ultimately, Safe Space found option number 3 to be the most cost effective and quickest transition to ensure that local victims and survivors are having their needs met locally.

Safe Space began the search for a new building that would be suitable, cost effective (for the program and the community), and would be welcoming to victims and appropriate for the services of Safe Space.

**Safe Space is excited to announce that such a place was able to be found!**

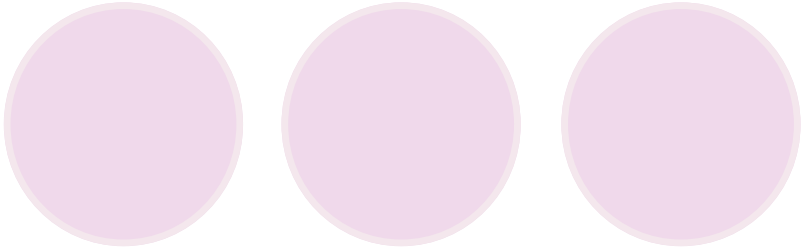
Effective June 1, 2015, Safe Space will be providing all services of the program at the Paul Clark Home in Uptown Butte. The Paul Clark Home will be housing the Safe Space

Shelter Program and Community Resource Program, as well as all volunteer meetings and trainings.

With this move, Safe Space is excited to announce that new support groups and volunteer opportunities will be starting as well!

Please check our website and Facebook later this month for information on a public Open House/Meet & Greet at our new facility, a yard sale of items from the old facilities, and ways to be involved in the moving process.

Thank you to our volunteers and supporters in the community as well as the Paul Clark Foundation for helping to make this possible! This is a true blessing and honor to be providing our valuable services in such a historic and inviting location.



**Current Facility**

**Paul Clark Home  
(Future of Safe Space Shelter & Services)**

<b># of Beds</b>	<b>14</b>
<b># of Bathrooms</b>	<b>3</b>
<b>Dining Area Capacity</b>	<b>6</b>
<b>Children’s Play Space</b>	<b>Less than ____ sq ft. inside</b>
<b>Parking</b>	<b>On Street Parking for 2-4 vehicles max</b>
<b>Handicap Accessibility</b>	<b>Must be able to maneuver 3 stairs, downstairs bedroom and bath available</b>
<b>Utilities Annually: current/multiple facilities</b>	<b>Approx. \$9,000</b>
<b>Security Level</b>	<b>Minimal</b>
<b>Office/Other Space</b>	<b>1 Office for 7 employees, 1 Family Room</b>

<b># of Beds</b>	<b>22</b>
<b># of Bathrooms</b>	
<b>Dining Area Capacity</b>	<b>24</b>
<b>Children’s Play Space</b>	<b>____Sq ft inside, privacy fenced backyard (____ sq ft)</b>
<b>Parking</b>	<b>1-2 Off Street, 4-7 On Street Parking</b>
<b>Handicap Accessibility</b>	<b>Yes! Throughout Facility!</b>
<b>Utilities Annually</b>	<b>Approx. \$8,400</b>
<b>Security Level</b>	<b>Top of the Line: Cameras, Motion Sensors, Window Sensors all levels, and Monitoring by Local Company</b>
<b>Office/Other Space</b>	<b>3 Offices, 3-4 Sitting Rooms, 1 Chapel, Large Training/Meeting Room, Sun/Meditation Room, Storage space on all floors.</b>

# Safe Space Services

***All services provided free of charge!***

**24 Hour Crisis & Informational Hotline**

**24 Hour Staffed Emergency Shelter**

**24 Hour Supportive Advocacy**

**Personal Advocacy**

**Legal Advocacy**

**Accompaniment to hospitals, medical facilities, law enforcement, and court hearings**

**9-1-1 Emergency Phones**

**Emergency clothing**

**Emergency Transportation**

**Emergency Food**

**Emergency Financial Assistance**

**Multiple Support Groups for Men, Women, and LGBT victims & survivors**

**Children's Activities for Child Victims/Witnesses**

**Language Assistance Program**

**Material Assistance**

**Holiday Assistance**

**Parenting, budgeting, job placement, housing stability**

**And many more referrals and support**

**Community Education and Presentations**

**Volunteer Advocacy Trainings**



Many thanks to the volunteers who committed their time and energy during the 2015 Flocking Season! Special thanks to the family members of the staff, WalMart employees, and Jobs Daughter's Bethel UD #2 of Butte who helped on numerous occasions! The success of the flocking season is all thanks to you!

Thank you to our April KBOW/KOPR Radio Sponsor: Les Schwab Tire Center

Thank you to our May Fair Booth Sponsor: Toyota of Butte

Thank you to the Paul Clark Foundation for working closely with Safe Space to ensure that the needs and requests of all victims and survivors in our service area have a safe and secure place to meet with advocates, heal from trauma, and begin a new path in their lives free from violence.

Thank you to Peggy Probasco's English Tea group for your donation and inviting Safe Space to participate in the Royal Baby Shower Tea Party.

Thank you to Butte United Congregational, St. John's Episcopal, and Set Free Ministry for welcoming Safe Space in your sermons and helping us to share the services offered by Safe

### Testimonials:

*"The people/staff were extremely helpful. They helped me finish my appointments and apartment." -*

*Residential Client*

*"Thank you so much for providing a safe place for me and my kids!"*

*Residential Client*

# May 2015

## Mental Health Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 LGBT Support Group	5 Men's Support Group	6 Women's DV Group Volunteer Advocacy Training	7 Women's SA Support Group	8	9
10 HAPPY MOTHER'S DAY! Visit Our Booth at the Annual May Fair at the Civic Center	11 LGBT Support Group	12 Men's Support Group	13 Women's DV Group Volunteer Advocacy Training	14 Women's Sa Support Group	15 Moving Day #1 9AM-Noon	16 Volunteer Advocacy Training
17	18 LGBT Support Group	19 Men's Support Group	20 Women's DV Group Volunteer Advocacy Training	21 Women's SA Support Group	22 Moving Day #2 10am-4pm	23 Moving Day #3 11am-4pm
24	25 LGBT Support Group	26 Men's Support Group	27 Women's DV Group Volunteer Advocacy Training	28 Women's SA Support Group	29 Volunteer Appreciation Night 6-8pm Comfort Inn	30
31	<p>Volunteer Advocacy Training: Every Wednesday 5:30-7:30 PM. Saturday the 16th 11am-5pm. Call for location. Register through the 16th \$15/person.</p> <p>The Volunteer Appreciation Night is for all registered volunteers of Safe Space! Thank you to Pizza Hut for providing dinner!</p> <p>Contact Tonya Moore for additional information on Volunteer Activities: tonyam@safespaceonline.org</p>					

For more information on any of the Support Groups please visit [www.safespaceonline.org](http://www.safespaceonline.org) or call

## A Look Ahead

In 2015, Safe Space will be providing trainings and presentations on all forms of domestic and sexual violence, including stalking and teen dating violence. In addition to this, advocates will also be providing education on Bystander Awareness, Healthy Relationships, and how to become a trained advocate.

Here is a 2015 overview of when trainings and presentations will become available (and will remain available throughout the year after), when committees will begin to meet, and how to access them. For more information on any of the events, please call 406-782-9807.

<b>Month</b>	<b>Event/Committee/Training/Presentations Introduced</b>
<b>May</b>	4th of July Parade Float and Fashion Show Committees Volunteer Advocate Training (Certificate Provided at Completion) Move to new facility
<b>June</b>	Volunteer Advocate Graduation Luncheon Decorating 4th of July Parade
<b>July</b>	Domestic Violence Awareness Month Committees First Meeting Suited for Success Fashion Show
<b>August</b>	Annual Fall Clean Up 2016 Annual Flock Party Committee Forms
<b>September</b>	Annual Volunteer Welcome Event Registration opens for Volunteer Advocacy Training
<b>October</b>	Domestic Violence Awareness Month Events: Purple Pinkies Challenge Purple Sock Drive Annual Appreciation Dinner Purple Lights Nights Holiday Committee First Meeting Volunteer Advocate Training (Certificate Provided at Completion) Safe Space Raffle Drawing YMCA Holiday Collaboration
<b>November</b>	YMCA Holiday Collaboration
<b>December</b>	Festival of Trees

## Monthly Newsletter

---

P. O. Box 594  
Butte, MT 59703

Office Phone/Fax: 406-782-9807  
Crisis Phone: 406-782-8511  
E-mail: safespacebutte@gmail.com



A Domestic Violence & Sexual Assault  
Program

Safe Space is Butte's only domestic and sexual violence shelter and program for over 40 years. Safe Space staff receive ongoing training in domestic violence, sexual assault, stalking, dating violence, healthy relationships, case management, bystander awareness, agency collaboration, and more! Safe Space is staffed by these knowledgeable advocates 24/7, including holidays.

The staff at Safe Space is supported, guided, and led by a Board of Directors who donate their talents, skills, and time. Without their expertise and generosity, the outreach and advocacy provided by the staff would be unattainable.

### **Safe Space Staff:**

#### **Executive Director:**

Sabrina Tauscher

#### **Shelter Manager:**

Rachel Cotton

#### **Sexual Assault Specialist:**

Sonja Foster

#### **Volunteer Coordinator:**

Tonya Moore

#### **Night Advocate:**

Traci Nellis

#### **Weekend Advocates:**

Brenda Beardslee

Jennifer Lince

#### **Suited for Success Program Director**

Billie Richardson

### **Safe Space Board of Directors**

#### **Board President:**

Dan Murphy

#### **Board Vice-President:**

Dan Thompson

#### **Board Secretary:**

Elyse Lovell

#### **Board Voting Members:**

Gretchen Gellar

Bob Whelan

Frank Butori

Dan Steele

Sara Sparks

Sheriff Ed Lester

Shawn Borup

Eileen Joyce