

The Purple Door

REPORT

Volume I • Issue 1 • Spring 2013

SURVIVOR STORY

I came to Harbor House about six weeks ago. When I got here I was very depressed and always hanging my head down. I felt really bad about myself, and I had no hope whatsoever. I suffered a lot of emotional abuse from my abuser. I came to believe that I was no good, and life became a real struggle for me. I could barely brush my hair or put on makeup. I have suffered through emotional abuse my whole life. I have seen many counselors trying to understand and overcome this pattern.

One Sunday, I attended a meeting given by my Harbor House advocate on “red flags” of an abusive relationship. In this meeting, I understood more than ever the dynamics of the cycle I was going through. It was as if my eyes were opened for the first time. Like a light bulb went off that finally made me understand. My advocate was strong, compassionate and very knowledgeable. She gave me confidence and strength. She changed my life. She told me I could do it when no one else believed in me. She gave me the best gift I could ever receive and that was hope.

Every day, her words go through my head. In the morning on my way to work, in the middle of the day, and before I go to bed. I will never forget her, and I hope I make her proud one day by following what she taught me. I will keep the strength and hope she gave me and be a better person for it.

It only takes one person to believe in you to change your world, and she showed me she believed in me. I actually walk down the halls singing in the morning with my head held high!

Thank you Harbor House and especially, my advocate. **HH**

IMPACT REPORT

The 2011-2012 Impact Report is now available! Each year, the Impact Report showcases not only the work we do but more importantly the effect it has on keeping our community safe. Visit www.harborhousefl.com to download your copy today.

We encourage you to join our efforts to save lives in our community by volunteering, attending our events, doing a cell phone drive, getting our latest news by liking us on Facebook, or making a donation.

Thank you for your continued support!



Wish List

Thanks to such amazing community support, our brand new Donation Center is filling up with goods and essentials that help make our shelter feel a little bit more like home. In the first three months of operation, we have more than doubled the amount of donations accepted compared to the same time last year. That's \$93,967 we can now use for direct support of survivors. Currently, we are need of several items:

- Odo-Ban Floor Cleaner
- All-Purpose Cleaners (409, Comet, etc.)
- Paper Towels
- Silverware
- Dishes and Bowls
- Bath Towels/Wash Cloths
- Luggage (Suitcases)
- Carts
- Gas Cards
- Large pet beds



» To make an in-kind donation, please contact us at admin@harborhousefl.com, or 407-886-2244 ext. 221.

Paws for Peace Kennel

Since the grand opening of the Paws for Peace Kennel on December 6, 2012, 19 dogs, six cats and one guinea pig have found refuge with their human families at Harbor House. These four-legged survivors have spent many sunny days in Dawn's Play Yard at Spencer's Field, lazy afternoons on the SeaWorld cat porch, and most importantly, precious moments with their owners, giving and receiving the healing love and companionship that makes a tremendously difficult time a little bit easier. The outpouring of support from the community has been incredible!



Donations of pet beds, toys, food, carriers and more have made the kennel a cozy, comfortable place.

"I can't believe how much my life has changed since I came here," said a resident recently. "And my dogs are so healthy and happy now." That resident has now left our shelter with her dogs to start a new life with a new job and a new home—one with a backyard for her babies, of course.

We thank our supporters for all they have done to make this dream a reality.

Our greatest current need is funding for veterinary care including exams, preventative medication (heartworm/flea/tick), wellness care and illness diagnosis and treatment. To contribute to the Pet Assistance Fund, visit www.harborhousefl.com/donate and select Paws Kennel.

We are also pleased to announce the formation of our Paws Advisory Council comprised of industry professionals who will offer their expertise and advise us on best practices to ensure our animals receive the highest quality care possible. Thank you to our council members who have so graciously partnered with us as we work to rescue every member of the family from abuse. [HH](#)

PAWS ADVISORY COUNCIL

- Dr. John Turgai, DVM** - Park Avenue Animal Hospital
- Debra Villella** - Program Manager, Kennel Operations, Orange County Animal Services
- Erica Daniel** - President, Dolly's Foundation
- Phyllis Ayoob** - Director, SpayNSave
- Karina Pastrana** - Owner, Happy Paws Pet Resort
- Marcia Sundberg and Melissa Gosik** - Owners, Pookie's Pet Nutrition
- Sherri Cappabianca and Toby Gass** - Owners, Rocky's Retreat Canine Health & Fitness Center

THE R3 APP

Harbor House of Central Florida's R3 App has been making major news lately. The app recently won an international award in the Ending Violence @ Home App Challenge presented by the Institute of Medicine and the Avon Foundation for Women. The App has now been cited in *The New England Journal of Medicine* for its use of the leading methodology for healthcare providers to screen for domestic abuse.



The NEW ENGLAND JOURNAL of MEDICINE

The HITS Screening Tool for Domestic Violence¹

How Often Does Your Partner	Never	Rarely	Sometimes	Fairly Often	Frequently
Physically hurt you	1	2	3	4	5
Insult or talk down to you	1	2	3	4	5
Threaten you with harm	1	2	3	4	5
Screen or curse at you	1	2	3	4	5

¹ A total score of more than 10 is suggestive of intimate partner violence. This information, called R3, is available as a free Android or iPhone app. From Sherin et al.²

The article, "Intimate-Partner Violence—What Physicians Can Do," recommends all primary care physicians screen female patients 12 years of age and older for intimate partner violence (IPV) and specifically highlights Dr. Kevin Sherin's HITS assessment on which the R3 App is based. HITS is a four-question assessment that is proven to be more than 91 percent effective in identifying whether a relationship is abusive.

The R3 App is a one-stop mobile application that enables users to recognize domestic violence, respond to it effectively and refer survivors to resources that can help. It is the only mobile app that lists domestic abuse resources by zip code so those affected can both understand their risk and instantly find where to get help. It is available in both English and Spanish.

Harbor House partnered with Echo Interaction Group to develop the R3 App. The development was funded by Florida Hospital. Download it for free through iTunes or Google Play!

CEO CORNER



CAROL WICK, CEO

"Let us show you how your company can benefit by becoming a Key Business Partner."

At Harbor House, there are so many ways to support our mission of eliminating domestic abuse in Central Florida by providing safety, shelter, empowerment, education and justice. Here are a few ways you can make an impact:

Key Business Initiative

As workplace violence increases, the costs to employers escalate and the safety of employees is threatened. Harbor House's Key Business Initiative was launched

in 2011 with the goal of eliminating violence in local workplaces, improving access to services for survivors and reducing employer costs. Find out more at www.harborhousefl.com/businesses.

PROGRAMS & SERVICES



Our Children's Center offers after-school tutoring by Orange County Public School teachers as well as a certified day care that provides childcare from 7 a.m. to 7 p.m. daily.

When people think about Harbor House, they often only think about our 110-bed Emergency Shelter. While this service provides critical safety for more than 1,000 women, men, children and pets each year, we offer many other programs that contribute to our holistic approach aimed at ending the cycle of domestic abuse.

Our Legal Advocacy program is one of our busiest. Last year, we helped 3,881 individuals with filing injunctions for protection against their abusers as well as other court services and safety planning. January 2013 was one of the busiest months ever for the program. The number of injunctions filed nearly doubled from the same time period last year—a **99% increase**. In fact,

469 injunctions for protection were filed and of those, 80% were granted a temporary injunction.

Our Children & Youth Services program provided more than 10,500 hours of child care for residents of our Emergency Shelter and served 3,000 nutritious meals for the children during our last fiscal year.

The Outreach services we provide include counseling, support groups, community-based housing, relocation assistance and safety planning.

In Prevention, our youth programming comes alive with interactive sessions that teach elementary students, middle-schoolers and teens about healthy relationships, bullying and safe bystander intervention.

Another vital service is our 24-hour crisis hotline, which provides those affected by domestic abuse with a calm voice offering help and resources at the most critical time. Last year, we received 6,437 calls on our crisis hotline, 24% more requests for assistance than the previous year. [HH](#)



Volunteer Groups

Host a one-time special event or workday at the shelter with your company, religious organization, civic group, school, association or friends. The opportunities are endless but some ideas include adopting a room or common

area at the shelter, providing a hot meal for survivors, spending time doing activities with children, or cleaning and assisting with minor maintenance around the shelter.

Cell Phone Drives

Donated cell phones are used to provide emergency phones to survivors of domestic abuse so they can remain safe with access to emergency help if needed. They also allow us to raise money by recycling them. Your old cell phone could literally save a life. Create a collection area in your office, and ask coworkers for their old phones. You'll be amazed at how many you can collect!

All It Takes is a Box

Check out our Wish List at www.harborhousefl.com, place an empty box with our Wish List in a common area, and watch the donations pour in. Pillows, diapers and cleaning supplies may not seem like a lot, but to residents



Girl Scout troops love collecting donations for our residents (above). Volunteer groups organize awesome activities for the kids (inset). Thank you for making a difference!

of Harbor House, these items will provide much-needed comfort and a sense of security in their time of need.

Of course, your financial support is always of utmost need and provides immediate impact for survivors of domestic abuse. You can donate any time at www.harborhousefl.com/donate.

Your Gift Will Help Families in Need Right Now

You have the ability to help domestic abuse survivors right now—women, men, children and pets. Those in need are struggling to rebuild their lives after experiencing the horrors of emotional, physical and sexual abuse. Many survivors have endured years of abuse, and the process of recovery is long and difficult. Children who have grown up in households mired by domestic abuse suffer tremendous trauma and struggle to cope emotionally, developmentally and academically. Pets are often victimized by batterers and arrive at our facility in extreme distress.

New survivors come to us every day, and we never turn away a single one. But our policy of never turning anyone away requires substantial support. Please take a look at the opportunities available for you to help. **Your donation can save a life.**

Thank you for providing hope, help and safety for survivors of domestic abuse in Central Florida.

For more information, please contact:

Harbor House of Central Florida
P.O. Box 680748
Orlando, FL 32868
407-886-2244
www.harborhousefl.com
admin@harborhousefl.com

 facebook.com/harborhousefl

 @harborhousefl

24-hour Crisis Hotline: 407-886-2856

UPCOMING EVENTS

■ The Harbor House Reception – April 26

This year’s exclusive black-tie event will be hosted at the beautiful Harry P. Leu Gardens. Join us for “A Night in New Orleans,” a decadent evening of music from a live jazz band, a Cajun-themed menu, live and silent auctions and more.

■ Walk a Mile in Her Shoes – June 13

This fun-filled event will feature men who are standing up against domestic abuse walking down Orange Avenue in heels! The event kicks off at the Orange County Courthouse and wraps up at Orlando City Hall. Not to worry, help is at the half-way point when you can trade in your heels for flip flops—for a small donation to Harbor House of course!

■ It Takes Courage – September 21

Get involved in a day of making a difference during our premiere volunteer event held in partnership with the Orlando Police Department. Just a few hours spent distributing door hangers with information about our 24-hour resources can save a life.

■ Purple Door Luncheon – October 11

Our flagship event during Domestic Violence Awareness Month will be held at SeaWorld Ports of Call. Destined to be our best yet, this year’s event will be an inspiring engagement featuring powerful stories of transformation.

PARTNER HIGHLIGHT Manpower of Orlando has partnered with Harbor House in our Key Business Initiative to implement domestic abuse workplace policies and create a workplace culture that is safe for employees.

They also recently made a generous \$5,000 donation to ensure the continued advancement of our mission.

We are very grateful and would like to commend Manpower for their efforts and support.

REMITTANCE

Yes, I would like to help you fulfill your mission of eliminating domestic abuse in Central Florida. You can count on my support to help survivors right now.

- \$1,000** sponsors a family's entire stay in shelter
- \$500** provides child care, activities and three healthy meals a day for a child's stay in shelter
- \$250** provides one consultation with an attorney for a survivor seeking an injunction for protection
- \$125** sponsors one night of safe shelter for a family in crisis
- \$65** sponsors one night of safe shelter for a survivor in crisis
- \$27** provides a survivor with emergency safety planning with an experienced crisis advocate

- I would like to donate \$ _____ every month to help support domestic abuse survivors.
- CHECK (payable to Harbor House of Central Florida)
- Please bill my credit card.
- VISA MASTERCARD DISCOVER AMEX
- NAME ON CARD: _____
- # _____ Exp. _____ / _____ CW# _____
- NAME: _____
- HOME ADDRESS: _____
- CITY, STATE, ZIP: _____
- PHONE: _____ EMAIL: _____
- CORPORATE OR ORGANIZATIONAL AFFILIATION: _____

HarborHouse
of Central Florida

GIVE ONLINE AT:
www.harborhousefl.com

» Remember, Universal Orlando Foundation will match dollar for dollar up to a maximum of \$10,000 in aggregate donations generated by the campaign.