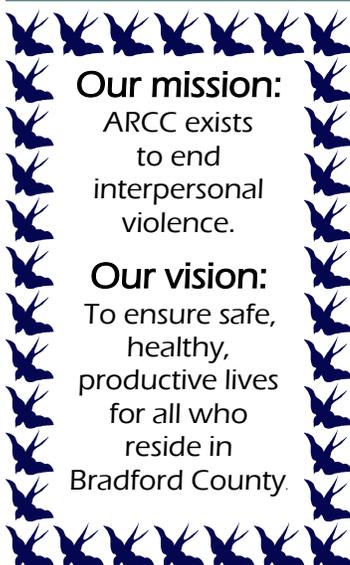




ARCC Newsletter

Towanda, PA

April 2020



Our mission:

ARCC exists to end interpersonal violence.

Our vision:

To ensure safe, healthy, productive lives for all who reside in Bradford County.



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April is Sexual Assault Awareness Month

Mark your calendars! April is Sexual Assault Awareness Month (SAAM) and this year's campaign theme is "I Ask for Consent." Since consent is a clear, concrete example of what it takes to end sexual harassment, abuse, and assault, this year's campaign helps to empower all of us to put consent into practice.

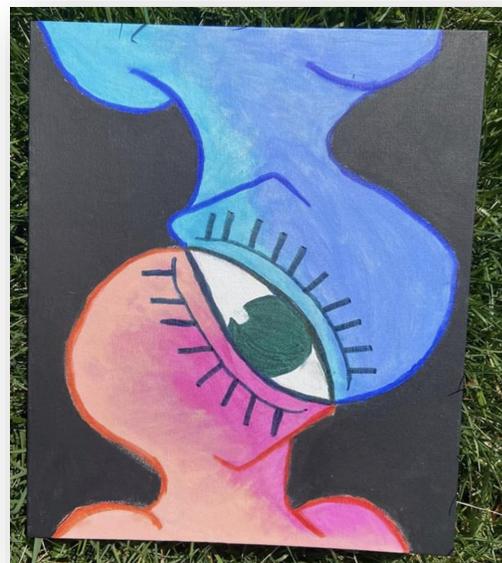
Here's how you can engage in SAAM throughout the month:

"Chalk the Walk" with ARCC! ARCC will be spreading consent messages with chalk on sidewalks throughout Bradford County area. Step outside with the family to see if you can spot some or join us by creating your own chalk creation.

- Create a poster that showcases what a healthy relationship or friendship looks like to you.
- Show us a picture of you teaching someone about asking someone for consent – this could be a conversation with your kids or a screenshot of a conversation you had with someone!
- Share your SAAM photos with us on Facebook with the hashtag #IASKBC or send them to us via email at arcc@arcabc.org and you

will be entered to win a prize!

Consent is a normal part of sex and a normal part of life. We all have a right to safety in our daily lives – to have our boundaries respected and make choices about what happens to our bodies. ARCC would like to showcase the normalcy of consent so don't forget to like us on Facebook and to follow us on Instagram so you can stay updated on SAAM activities and information related to consent.



Art by Mariah Morgan for SAAM

Thank You

For your Financial & In-Kind Contributions

Bentley Creek Baptist Church Missions Pathways	Lloyd & Evelyn Arnold Andrew & Mary Boardman Exelon	Martha Eldredge-Martin Linda Walklet-Riker Peg Thompson
Presbyterian Young Adults Camptown Presbyterian Women's Assoc.	Martin & Patricia Coates Wyalusing United Methodist Women	B. Mark & Kristin Smith-Gary First Citizens Community Bank Robert Urban Carol Lane
Sheryl & Andrew Potocek Unitarian Universalist Church of Athens and Sheshequin Robert J. Landy Susan Hadlock Claire Foreman	Jonathan & Michael Naugle Charitable Fund Kenneth & Caroline Taylor Towanda Area Education Association	Sayre Guthrie Family Medicine & Walk-in Clinic Tammy Ciavaridini Clover Imaging Group Linda Lamphere Renee Chamberlain Trishya Bouse Leslie & Steve Fisher Eunice Potter Colleen Parshall Jennifer Meunch
Bradford Sullivan Association of Realtors DI-KA-TO Farms Gregg & Christina VanDerpool in memory of Steve Miller Deb Rumburd Melinda Holman Steve & Carrie Moore Dr. Alice B. Moyer Dr. Marcia Kesten Denise Dolan Mary K. Horton Michelle Emick Val Raupers Clark & Jane Moeller Vickie VanNoy Kevin & Maureen Downs Violet Koser John & Marilyn Palmer John Geffert & Mary Liebhaber Flynn Energy Transport Danise Fairchild Ardelle Nagle	Mary Lou & David Vanderpool Lawrence & Darla Morse Janet Richardson Frank & Marianne Brown DuPont E&I Austen Graham Northern Tier Veterans Christine & John Sullivan Randy & Nancy Williams Family Foundation Andrew & Sally Dewing Steve Filante Lisa Dayton John & Mary Feodrchak Robert & Marcia Stein Millie Hollenback Eugene & Juanita Campbell Victoria Warner Robert & Deborah Harvey Wysox Presbyterian Church Elizabeth Baumgartel Sylvania Lions Club Camptown Civic Club Women of West Burlington	Trinity Episcopal Church Zen Den Randi Reeve Jen Miller Chesapeake Mary Kay Ward Wyalusing Lions Club Futures Andrea & Jim Sutton Mariah Morgan Pam Wood Kirstyn Sewalt Delta Kappa Gamma Anonymous

ARCC STILL OFFERING SERVICES

At ARCC we are monitoring the impact of COVID-19 on the world, our nation, our state and our community. We are following the PA Department of Health and CDC recommendations and guidelines.

We recognize and acknowledge that there are many concerns, fears, and questions on everyone's mind at this time. We also recognize the impact that isolation can have on those experiencing interpersonal violence as well as those recovering from the trauma of past abuse. For these reasons we are continuing our services as usual. We do encourage phone counseling if that is a safe and workable option. Our hotline is also 24/7 - 570-265-5333.

We ask that you call before dropping off donations (paper products are always needed) so that we can make arrangements and limit our flow of traffic to our clients.

Many other services and agencies that we interact with may be closed or have modified services. We are doing our best to track this information so that we have correct referrals to share. We will still provide support and accompaniment for certain needs such as PFAs, CAO, etc. as we are able

Strengthening Families Program Update

ARCC is canceling our Spring Strengthening Families Program for 10-14, which was to start on April 16, 2020. In collaboration with Cathy Hockaday from the ISU Extension for Strengthening Families Program 10-14, ARCC has decided it is in the best interest of our staff, volunteers, and participants to cancel this session due to the current COVID-19 pandemic. As this is a fluid situation, there is no set date to reschedule this session. When ARCC sets a future date for the next session, we will notify participants and the community through phone calls, emails, and social media posts.

Volunteer Drivers Needed

We are seeking volunteer drivers for the BcCAR transportation program.

You can find more information and an application on the ARCC website:

www.arccbc.org

* * * * *

* **Reminder:** *

* Free, no-contact custody *

* exchange and supervised *

* visitation are available through *

* **Safe Transitions for ***

* **Families** *

* For more information, call *

* **570-250-0480** *

* * * * *

Abuse Numbers Surge During COVID-19

Home is the safest place to be while a pandemic rages outside. Health officials have said as much for weeks now. For some, however, home is not a haven from violence and abuse. Self-isolation forces victims of domestic violence and their children into uncomfortable and dangerous circumstances: riding out the Covid-19 crisis, trapped with their abusers. The surge of stress and fear -- of unemployment, of sickness, of death -- is only intensifying the abuse they face.

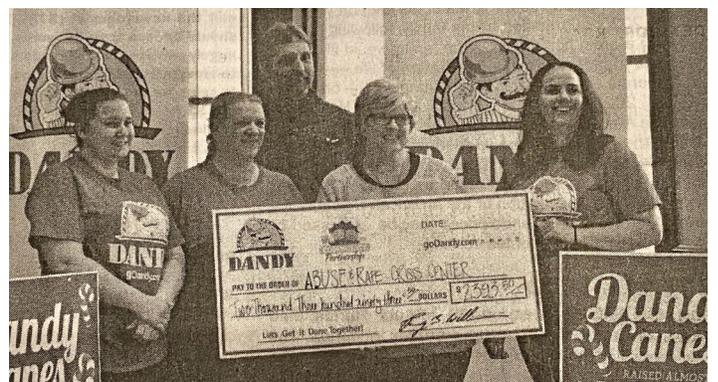
Abusers certainly find ways to isolate victims even without "shelter in place" mandates, but life during the coronavirus outbreak has shattered victims' outlets for relief: running errands, speaking with counselors, visiting friends. It has even halted exit plans that some victims have spent months developing. Leaving an abusive situation is never simple for survivors, and is even more complex now since access to hospitals and shelters is limited.

Children witnessing domestic violence find themselves wanting to be anywhere but home when abusers start lashing out. Their typical outlets for emotional and physical safety — school, after-school activities, and friends' houses — are no longer available. Additionally, children's risk of being abused is heightened. The social ties they rely on for relief are severed. Teachers, coaches and allies outside the home who may have reported the abuse aren't with them every day. Even in families where conflict has never escalated to violence, children are now at a higher risk of physical abuse because of additional stressors like unemployment and life in close quarters.

Covid-19 also impacts sexual assault victims as they may be hesitant to receive a rape exam, with hospitals operating at full capacity and physicians pleading with the public to avoid burdening the health care system. Typically, advocates and counselors are on hand for support throughout the rape exam process. Depending on the hospital's protocols, advocates may not be able to provide in-person advocacy and could be limited to providing phone support.

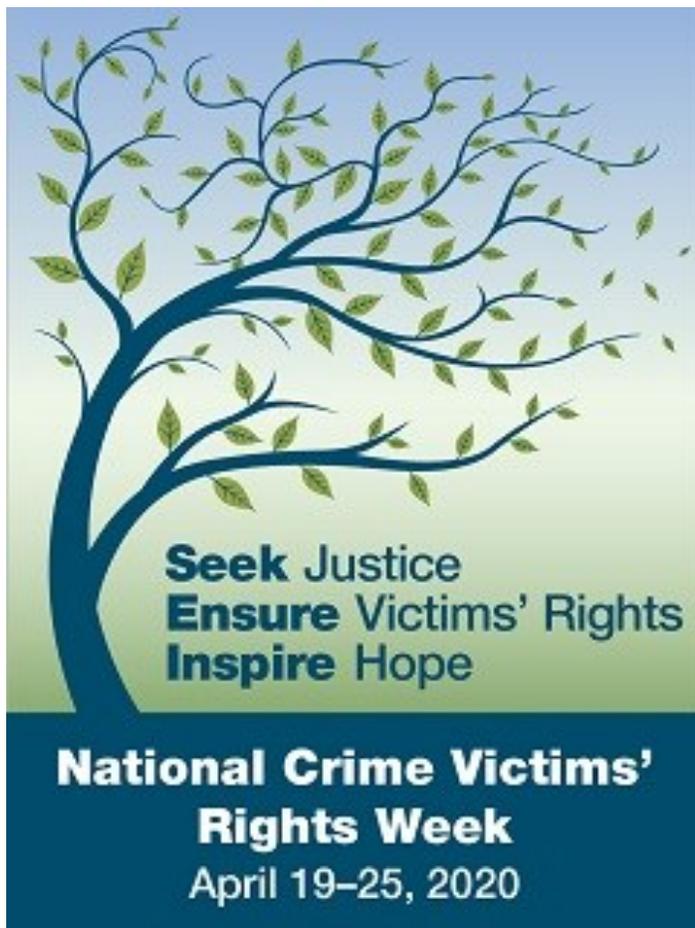
If you or someone you know is being abused please call us at 570-265-5333

We would like to thank
Dandy Mini Mart for
donating to ARCC & STFF
during their Annual Dandy
Canes fundraiser.



National Crime Victims' Rights Week 2020

Justice can take different forms for each individual victim. This year's #NCVRW2020 theme—Seek Justice | Ensure Victims' Rights | Inspire Hope—focuses on the rights of all victims of crime. The victims' rights movement began through a shared hope for healing, a hope for change, and a hope to be heard. The legacy of commitment and passion lives on today. We remember the movement's first leaders as we seek justice and inspire hope for the future. When victims feel understood and supported, they are more likely to seek services, which leads to a stronger and more resilient community. National Crime Victims' Rights Week begins Sunday, April 19. Join us throughout the week as we raise awareness for victims' rights. Visit the Office for Victims of Crime's NCVRW website for information about resources and help for planning events and activities. #NCVRW2020 www.ovc.gov/ncvrw2020



We would like to welcome a new Victim Advocate, Tabitha Forbes, to the ARCC team. Tabitha grew up in Georgia and got her Masters in Psychology at Mansfield University. She enjoys crocheting and photography and she is very excited to be at ARCC.

Other Important Dates in April:

Child Abuse Prevention Month. Learn more at childwelfare.gov

Day of Silence – April 24, 2020 find out more at GLSEN.org

International Anti-Street Harassment Week – April 19 – 25, 2020 visit stopstreetharassment.org for more details.

Denim Day – April 29, 2020 Wear jeans with a purpose, support survivors, and educate yourself and others about all forms of sexual violence. Register now at peaceoverviolence.org

The official registration and financial information of the Abuse and Rape Crisis Center may be obtained from the Pennsylvania Department of State by calling toll free (within Pennsylvania) 1-800-732-0999. Registration does not imply endorsement.

City, State, Zip _____

Address _____

Name _____

I have included ARCC in my estate plans.

Please send me information on how to include ARCC in my estate plans.

Yes, I want to support the work of ARCC. Enclosed is my donation of \$25.00 \$50.00 Other _____

Thanks for your continued support for ARCC and its domestic and sexual assault clients, male and female of all ages. Help make ARCC's services extra special. Just cut out this form and mail it with your tax deductible donation to ARCC, P. O. Box 186, Towanda, PA 18848.

Wishlist

- Paper products
- Hand sanitizer
- Laundry soap
- Pay as you go smart phones
- Journals
- Cleaning supplies
- Lysol Wipes
- Swiffer Wet Jet
- Gift Cards for grocery stores, Dollar General, Walmart etc.



Funded by

- PA Coalition Against Domestic Violence
- PA Coalition Against Rape
- PA Commission on Crime and Delinquency
- Brad/Sul Co Drug and Alcohol Programs
- Contributions/Fund Raising
- Bradford County United Way

ABUSE AND RAPE CRISIS CENTER

P.O. BOX 186
 TOWANDA, PA 18848-0186
Change Service Requested