



## HELP & HOPE

A Quarterly Newsletter from  
the Resource Center of Somerset

Summer, 2011

### Welcome to the *Help and Hope Society*

The Resource Center Provides New Giving Opportunities to Those Who Generously Support and Believe in the Mission:  
To End Domestic Abuse and Empower Victims by Providing Protection, Education and Resources

The Resource Center of Somerset remains committed to being the primary direct service provider to Somerset County families experiencing domestic violence. Since 1978, we have provided counseling, shelter, crisis intervention, education, community and legal support, and advocacy to thousands of our Somerset County friends and neighbors.

Rob Eccles, Senior Director of Development and Community Affairs, strives to encourage both community and financial support for the programs and services provided by the Resource Center.

“Our work here is possible only with generous donations from members of our community,” says Mr. Eccles. “Without the support from giving donors and supporters, those served by the Resource Center might be left to face the challenges as victims of domestic violence alone.”

The staff and volunteers at the Resource Center truly believe that anyone dealing with domestic abuse deserves the support that we are here to provide.

Mr. Eccles adds, “In this challenging economic environment, support from the community has never been more necessary, or more valued. It insures that our programs and services – from shelter at our newly-named Victoria House emergency safe house, to legal advocacy, to childrens’ and family counseling – remain free of charge and available to all victims of domestic abuse. With that in mind, we are very happy to offer a brand new menu of charitable choices to our committed family of donors.”

Over the years, our donors and benefactors have been loyal and generous in their support. We are now hoping to introduce more members of the community to the work we do and

how they can make a difference in the lives of people affected by domestic abuse who may even be their neighbors or friends.

This Summer we are very excited to provide new giving opportunities to those who generously support and believe in what we do. The Resource Center of Somerset invites you to join our **Help and Hope Society**. This program offers donors many different ways to support our mission: *to end domestic abuse and empower victims by providing protection, education and resources*. Each level of giving provides benefits to those who participate while helping us fulfill the needs of victims and their families.

By becoming a member of the **Help and Hope Society** you will be making a tremendous difference in the lives of these individuals and families by helping them achieve freedom from fear and abuse.

The Resource Center of Somerset **Help and Hope Society** offers these levels of support to help people affected by domestic abuse:

**ASSOCIATE—\$100 or more**  
**SUPPORTER—\$250 or more**  
**PARTNER—\$500 or more**  
**LEADER—\$1000 or more**  
**CHAMPION—\$5000 or more**  
**HERO—\$10,000 or more**  
**TRANSFORMATIONAL GIFTS OF \$25,000 or more**  
**GUARDIAN OF HELP AND HOPE—BEQUESTS**

To become a member, visit our website, [www.resourcecenterofsomerset.org](http://www.resourcecenterofsomerset.org) or simply contact our development department at (908) 359-0003, ext. 220. You may also send your check to the Resource Center of Somerset, Attn: Help & Hope.

On behalf of the entire Resource Center of Somerset, we thank you for your continued generosity and look forward to your support in providing **Help and Hope** to Victims of domestic abuse.



## A Message from the Executive Director Paloma Amar-Coleman, MFT, LPC

Summer is here and, as we close the first half of 2011, I can't help but reflect on the impact that our community has had on us and the survivors of domestic abuse we serve on a daily basis. The Resource Center of Somerset is an organization that is mission driven, vision focused and values based. It is this drive and focus that move us to provide high quality services for our clients. It is also this drive and focus that moves our community to support our efforts to achieve our mission to "end domestic abuse and empower victims by providing protection, education and resources".

Our professional and dedicated staff continues to ensure the safety and emotional wellbeing of those we serve. Through June, 2011 we have provided safe haven from abuse to 15 women and 17 children for a total of 1,247 nights of safety. Our hotline has answered 1,800 calls from victims seeking support and information as well as concerned community members looking for a way to help. Our outreach program has provided services to 442 new clients. The staff has offered a total of 3,965 hours of individual and group counseling in addition to the 828 hours of advocacy, court accompaniment and preparation offered through our legal advocacy program. Our latest initiative is a collaboration with the Division of Youth and Family Services (DYFS) to provide counseling, support and consultation for DYFS case

workers and families involved in the child protective system. Under that initiative, our staff liaison provided 490 contacts for a total of 290 hours of service. Our community affairs program provided 56 awareness and education programs to community volunteers and organizations.

We are also "under construction" thanks to the generosity of Todd and Scott Van Cleef owners of Country Classics in Hillsborough. Our outreach offices will expand thanks to a donation of labor and materials coordinated by the Van Cleef brothers and their capable staff. This much needed expansion will allow us to provide additional office space for group and individual counseling for adults and children who visit our Hillsborough location for services.

This is but one example of the community's efforts to support victims of abuse. This newsletter is filled with other examples. I hope you find the articles and photos in this issue of Help & Hope inspirational and informative. We are so grateful for the initiatives in our community that support awareness and fund raising. It is through this unconditional and generous support that we are able to provide quality services to victims of domestic abuse in Somerset County.



The staff of the Resource Center of Somerset looks forward to continued success in the remainder of 2011 knowing we have the support of our community which provides the motivation for accomplishment. Won't you join our efforts and those of your community members to ensure that every community and every home in Somerset County is a peaceful haven?



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Visit our website

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

Find information on domestic abuse and how you can help,

Volunteer opportunities

and more.

**You can now make an on-line donation to help support our programs and services**

Paloma Amar-Coleman, MFT, LPC  
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*FRIENDS OF THE SHELTER—DERBY DAY SUCCESS!*

The 23rd Annual Derby Day, sponsored by the Friends of the Shelter was once again the highlight of the Somerset County Spring party season. Derby Day is held to coincide with the Kentucky Derby "Run for the Roses" with the proceeds presented to the Resource Center of Somerset.

The beautiful outdoor setting at Hamilton Farm Golf Club in Peapack gives one the feeling of being present at Churchill Downs in Louisville, Kentucky. Ladies in oversized hats and gentlemen in bow ties and blazers completes the atmosphere of spending a day at the most famous and prestigious of all horse races.



Friends gather on the lawn at Hamilton Farm Golf Club to enjoy the beautiful surroundings and support a most worthwhile event that means so much to those who are affected by domestic abuse.



Some of the Derby Day organizers, Adi Conover, Barbara Marchio, Jane Sell and Joanne Kavanaugh show off their style and flare.

auctions, raffle and other generous donations made during the event helped make Derby Day a success.

The Friends of the Shelter are not resting on their success at Derby Day. The committee is already hard at work planning the next fund raising event—the annual Author's Luncheon which is scheduled for November. The committee is not hinting at who the guest author will be, but the luncheon is sure to be entertaining, informative and just as successful. Join us and celebrate the good work being accomplished by some very hard working women.



A Derby Day tradition—a straw hat and bow tie.

The spirit of the day was focused on fun. The Friends of the Shelter use Derby Day as their premier fund raising event to help support the Resource Center's safe house and client service programs. Guests learned more about the difficulties victims face in an abusive relationship as a Resource Center client and survivor told her very poignant story. The silent and live



Guests check out some of the many wonderful silent auction offerings at Derby Day and prepare to place their bid.

## *THREE SURVIVORS' STORIES OF SUCCESS!— FROM POWERLESS TO POWERFUL*

Presented by  
Anmarie S. Crispino, MSW, LSW  
DVRT Coordinator/Adult Counselor  
Resource Center of Somerset

When most people think of victims of domestic abuse, the words that come to mind are weak, uneducated, powerless, depressed, and welfare recipient. However, the opposite is true for many of our clients. These women have achieved amazing goals, despite experiencing domestic abuse, power and control issues, and manipulation. Many have been told by their abusers that they cannot succeed and that they should not even try to better themselves, but they have shown themselves to be powerful and have overcome the obstacles stacked against them throughout their abusive relationships. The following stories are about those women who have beat the odds, attained great things, and become successful beyond all measure.

Olivia began her counseling sessions towards the end of her Ph.D. program. Her boyfriend did nothing to encourage or assist her in the completion of this challenge. He constantly told her that she should just give up and get a job. When she began counseling she was extremely depressed and unmotivated. After a few months of counseling she began to work on her degree again,

implementing strategies from her treatment plan. She overcame her blocks and worked on her self esteem. After diligently working on regaining her strength and her dissertation, Olivia has completed her Ph.D. in Biology and is currently in a new relationship with a positive, supportive man.

Louise began her counseling to work on post traumatic stress and issues relating to living with an abusive husband, who she had recently divorced. Louise had stopped working on her Bachelors Degree in Fine Arts after she married her husband. Because of his put-downs and negative comments, she began to feel as if she could never continue, and gave up on her dreams of becoming a graphic artist. She embraced the recovery process and after a few months, she signed up for one class. As soon as that semester ended, she was already signed up for the next semester full time. She finished her degree while raising her five year old son, with the help of her trusted friends. She is currently working in her field and thinking about going back to school to obtain her Masters Degree.

Carolyn lived with extreme abuse and

cruelty at the hands of her boyfriend. She was basically a prisoner for the years she lived with him. She eventually fled with her two daughters and began her journey alone. She was fearful, timid, and anxious. She began counseling as a part of the safe house program and started to identify many facets of her life in which she was powerless. She continued counseling sessions after leaving the safe house and eventually began a Certified Nursing Assistant Program. She graduated from the program and is currently looking for employment. Carolyn did not have many good role models in her life and through counseling, realized that she has a dream for her life and for her children and that she can attain anything she puts her mind to. Carolyn will be going back to school for her nursing degree after she finds employment.

These women have empowered themselves through determination and their ability to prevail despite their past experiences. They are examples that show that domestic abuse survivors can be powerful, educated, strong and able to follow their dreams. Congratulations to all of the graduates!

### **Twin Management Forum Awards \$3,000 in Special Scholarships to Survivors of Domestic Abuse at the Resource Center**

Twin Management Forum (TMF), in affiliation with the YWCA of Central Jersey is awarding \$3,000 in scholarships to four deserving survivors who are recovering from abusive relationships. Each recipient will be applying their scholarship grant to continuing their education as they reenter the workplace. TMF members are women who have been honored by their companies for their work in their respective fields and who have helped the companies grow. Their motto/logo is "Eliminate Racism/Empower Women".

The recipients will use their portion of the generous scholarships to become independent and empowered and to make a better life for themselves and their families. One recipient is preparing for dental school. Another wants to pursue a career in social work. One needs to improve her communication skills through an ESL course at a local college and the fourth is seeking certification to help special needs children.

Many thanks to TMF and their insightfulness in empowering victims of domestic abuse.





### Community Corner—Fore Love Open



Mayors from 12 Somerset County municipalities participated in the Mayors' Challenge.



Far Hills Mayor Paul Vallone (right) and his brother Charles head out to the Forest Course at Fiddler's Elbow Country Club.



Lane Williams & ABM Industries has been our ACE Sponsor for the past 5 years.

**May 26**—Our thanks to the supporters, players and the Mayors of Somerset County who helped make the 2011 Fore Love Golf Open a complete success. The weather was perfect, the course well-groomed, the food delectable and the networking between business and government leaders cordial and exhilarating. We hope everyone is looking forward to next year and another great opportunity to make a difference in the lives of people facing abusive relationships.



Marvin Owens of SBM Site Services presented a special donation of \$1,000 to the Resource Center. SBM will be providing janitorial services at Johnson & Johnson facilities and is proud to be one of the newest supporters of our programs and services for domestic abuse victims. Pictured from left: Mort Penson and Mike Spishock (event co-chairs), Marvin Owens, and Paloma Amar-Coleman, Resource Center Executive Director.



Blasting out of a sand trap on this world-class golf course is part of the excitement of a good day of golf.



Presenting sponsor PHILLIPS-VAN HEUSEN represented by Leslie Pardo, Manager of Construction at PVH, with Resource Center Executive Director Paloma Amar-Coleman.



Hillsborough Mayor Gloria McCauley shows her skill with a fairway iron shot.

## SPOTLIGHT IN THE COMMUNITY

### Dr. Jeffrey Helman—Volunteering with a Smile

The Resource Center of Somerset would like to thank Dr. Jeffrey Helman for generously donating his time and talent to provide free dental care to clients of the Resource Center of Somerset.

Dr. Helman has been a resident of New Jersey his entire life, and has lived in Somerset County with his wife and three children for the past 30 years. He attended Cook College of Rutgers University on a full baseball scholarship, graduating with a Bachelor of Science in Biology, as well as achieving All-American status in baseball. Dr. Helman went on to graduate from New York University Dental School in 1981. He has practiced at his Somerville location, known as Somerset Dental since 1982 and continues to provide quality and compassionate care for all his patients. He is a member of the American Dental Association and has been a member of

the prestigious Somerset County Seattle Study Club since its inception in 1996.

Dr. Helman is committed to helping people on the international level as well as locally. He realized early on in his professional training that there was a need for dental care for people regardless of their ability to pay, and over the course of his career has spent countless hours providing care for those less fortunate than himself. When he was approached to provide care for clients of the Resource Center, Dr. Helman felt this was a good fit and was more than willing to give of his time. He reports that the patients he has helped have been very appreciative of his services, and providing the care for these clients has been very gratifying.

One of the clients at the Resource Center sent a letter thanking Dr.

Helman for giving her the opportunity to go to the dentist. It had been more than 12 years since she had a check up at a dentist because all her financial resources had to go to supporting her daughters. The client stated "I had always been afraid to go to the dentist, but Dr. Jeffrey Helman, his medical staff and secretary treated me very sweetly and had a lot of patience. I feel very lucky I had the opportunity to have my teeth fixed. I thank God and the Resource Center of Somerset for all the support they have given me and my daughters."



## LEGAL ADVOCATES ENLIST THE HELP OF VOLUNTEER ATTORNEYS TO EDUCATE CLIENTS

The Resource Center of Somerset is aware of its clients need to understand the legal system, especially in times of turmoil. In addition to physical, sexual, and emotional abuse, abusers may use the legal system as a weapon against the victim as a means of financial control.

In a collaborative effort, the Resource Center of Somerset and the LIBRE program of Legal Services of Northwest New Jersey offer an ongoing series of workshops to assist domestic abuse victims in understanding the legal system and teaches them to actively advocate for themselves. Workshops included: Pro Se Divorce, How to File a Legal Motion, and Child Custody issues. Other local attorneys work with the Resource Center to present topics that clients may find helpful in assisting them with their legal matters.

The Resource Center of Somerset also offers a monthly legal clinic in which clients may speak to an attorney from the community in a confidential setting, at no charge. The attorneys offer their time to provide clients with legal information pertaining to family court issues impacted by the domestic violence relationship. We are very appreciative of the attorneys who realize that the legal system can take a toll on clients' finances and kindly donate their time and expertise to participate in our agency's free legal clinics.

The Resource Center of Somerset is continually trying to reach out to the community and offer educational and legal services to benefit victims of domestic abuse. We are committed to continuing our efforts to assist our clients in navigating the legal system.

We would like to acknowledge and thank:

Theresa Lyons, Lyons and Associates, PC

John Hayes, Lyons and Associates, PC

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Jeralyn Lawrence, Norris, McLaughlin & Marcus PA.

Michael Rogers, McDonald & Rogers, LLC

Michael J. De Tommaso

Kisha M. Hebbon



## *Victoria House Dedication—June 10, 2011*

### *Safe House Named in Honor of Victoria J. Mastrobuono*

The Resource Center of Somerset has provided shelter to victims of domestic abuse at the Safe House since 1982. Through the generosity of a local church that provides the home rent-free, the Safe House has been in continuous operation and has sheltered over 2,200 women and children seeking safety from abusive relationships.

Victoria J. Mastrobuono was a fervent advocate of individual rights, and in particular the rights of women. She rejoiced in helping those in need.

Upon her passing in April, 2009, Victoria left a generous bequest to the Resource Center, and to keep her legacy alive for years to come, the Safe House was renamed Victoria House in her memory.

**Victoria House** is our emergency Safe House, a short-term residential facility for women and their children seeking confidential refuge from an unsafe living situation. Located in a Colonial-style home in a quiet residential setting, Victoria House has 5 private bedrooms, a comfortable living area and a common kitchen as well as a playroom for children and private offices for counseling services. There is also a fenced-in back yard where the children can play safely.

During residency (up to 60 days) women

and their children are provided counseling services and intensive case management which includes, but is not limited to: advisory social services, housing, continuing education, employment readiness and other services to guide the resident toward becoming independent.

Individual and group counseling services are available for both women and their children. The Victoria House environment is violence-free and offers professional as well as peer support to victims of abuse with the goal of continuing the dynamic of a non-violent lifestyle following their residency.



Board of Trustees 1st Vice President Susan Kalison Karp presented the dedication plaque at the ceremony. She is joined by Sherry Ferrera, Maryann Ferrera and Alison Lipman, Bilingual Residential Coordinator at Victoria House.



Dedicating a Roses of Remembrance bush in the Victoria House garden—Maryann Ferrera, Andrew DeMaio—Attorney for the estate of Victoria Mastrobuono, Sherry Ferrera, Adi Conover—one of the founding members of the Friends of the Shelter who lovingly tends to the garden, Executive Director Paloma Amar-Coleman and 1st Vice President of the Board of Trustees Susan Kalison Karp.

Joining the Resource Center staff and several members of the Board of Trustees at the dedication were members of Friends of the Shelter along with honored guests Maryann Ferrera and her daughter Sherry, Victoria's sister and niece.

A plaque commemorating Victoria Mastrobuono's gift of safety will be permanently displayed in the entrance foyer. A rose bush of remembrance is prominently planted in the backyard garden.

## *Somerset County Freeholders Recognize Director of Community Affairs with Spirit of Somerset Award*

*Honored for a 40-year career in public and community service in the County*



**June 10**—Resource Center Director of Community Affairs Anthony J. Winchatz was among the recipients of the Spirit of Somerset Civic Improvement

award, presented by the Somerset County Board of Chosen Freeholders and Somerset Treatment Services. The presentation ceremony was held at the Pegasus Restaurant at the Meadowlands Racetrack.

Tony was honored for his 30-year career with the Bridgewater Police Department before retiring in 2002 and

his work promoting community awareness about domestic abuse through the Resource Center.

*"I was born and raised and spent my entire life living and working in Somerset County. To be recognized in this way by my 'hometown neighbors' simply humbles me,"* - Tony Winchatz

*Community initiatives reflect the spirit of social responsibility through sharing and caring.*

## COMMUNITY INITIATIVES UPDATES

### RVCC Continuing Education Cosmetology Students Earn Gold Medal in National Competition

Three Raritan Valley Community College Cosmetology students won the statewide competition in the SkillsUSA Leadership and Skill Conference back in March and represented New Jersey at the national conference in Kansas City on June 24. This time, they earned top honors and won the Gold medal in the Community Service category for their innovative presentation, "Shears to Stop the Tears."

The innovative service learning project not only provided community awareness through education on the subject of domestic violence, but also helped raise \$1,200 through a salon-a-thon. The funds were in turn donated to the Resource Center of Somerset to help with programs and services.

The program was developed under the guidance of Marcia Bird, the Cosmetology Coordinator for RVCC, with the assistance of Lori Moog, Service Learning Coordinator. Resource Center Director of Community Affairs Anthony J. Winchatz, helped advise and mentor the students following his classroom presentation of Cut It Out, a domestic abuse awareness program for cosmetologists and salon professionals.

Collectively, the students spent over



RVCC Cosmetology students Imtiaz Karim, Misty Granski, and Joseph Fiorilli captured the Gold medal in Community Service at the SkillsUSA 47th Annual National Leadership and Skill Conference on June 24 in Kansas City for their presentation, "Shears to Stop the Tears."

800 hours developing and implementing the project, *Shears to Stop the Tears*, which focused on learning how to recognize the signs of domestic abuse to raise awareness among salon professionals as well as college and high school students, and offering resources for help.

The SkillsUSA Championships is the national-level competition for public high school and college/post secondary technical students enrolled in career and technical education programs. SkillsUSA organizes this event, and it is considered the single

greatest day of industry volunteerism in America conducted every year at an estimated cost of more than \$35 million. Each SkillsUSA Championship contestant is a state-level gold medalist.

### Montgomery High School Student Appointed to National Advisory Board

Earlier this year, Nikki DeSario, now a Junior at Montgomery High School, developed and presented her own awareness program on teen dating abuse and championed a bipartisan bill in the NJ legislature to require school districts to create policies on teen dating abuse and incorporate information into the curriculum.

Her passion for prevention has recently been recognized by the National Dating Abuse Helpline by appointing Nikki to the National Youth Advisory Board. The National Dating Abuse Hotline is a partnership between [www.loveisrespect.org](http://www.loveisrespect.org) and "Break the Cycle," founded by Liz Claiborne, Inc.

Approximately 20 young people between the ages of 13 to 22 from across America were selected to participate in conference calls about teen dating violence prevention and to post messages and commentary on the website.

Nikki will also be coordinating community service projects such as an interactive dramatization of dating abuse presented to teen groups with the help of other students and advice from the Resource Center. She hopes to encourage this program to grow in other school districts as well through her spirit and passion for social equality.

"We are very proud of the work Nikki is doing to prevent dating abuse. Her message is one from the heart that resonates clearly with her peers," remarks Resource Center Executive Director Paloma Amar-Coleman.

### Community Service Projects are Available for Young People at the Resource Center

The Resource Center works closely with young people who are interested in developing community service projects for their school, youth group, place of worship, scouting organization or simply for personal satisfaction.

Day of Caring opportunities are also available for corporate and business groups to volunteer their time and energy to making a difference for people in their community.

Contact our Community Affairs/Development team at (908) 359-0003, ext. 220 or 223 for more information on getting started.



*A Starry Night in London*



# SAVE THE DATE

**Friday, October 14, 2011**

**Annual Black-Tie Gala**

*Presented by*



**The Mansion at Natirar**  
Peapack, NJ

*A Starry Night in*  
**LONDON**

- **Exciting London Theme**
- **Delicious British-Style Menu and Open Bar**
- **Dancing to the Alan Quinn Orchestra**
- **The Elegant Atmosphere of the Luxurious Mansion at Natirar**
- **Grand Prize Raffle, Silent and Live Auction to Support the Resource Center of Somerset**

*To benefit*



**Reserve early—seating is limited.**

**Corporate sponsorship opportunities are available.**

**Individual tickets are available on line at [www.resourcecenterofsomerset.org](http://www.resourcecenterofsomerset.org) or contact our Development Team at (908) 359-0003, ext. 220 or 223**

*Visit our website: [www.resourcecenterofsomerset.org](http://www.resourcecenterofsomerset.org) for up to date information about Starry Night*

Community Fundraising Events



# CRABFEST

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### Meet Our Host Rick St. Pierre Verve Bistro, Bar & Lounge

Verve Bistro, Bar and Lounge at 18 E. Main St., is known for good food and atmosphere, and for giving back to the community.

Owner Rick St. Pierre has consistently used Verve to raise money for several Somerset County organizations.

"It's my personality," St. Pierre said. "There was a time early on when we were open that I decided the way to reach out was to contribute."

Verve holds several fundraising events

throughout the year to benefit many local nonprofit agencies. Specialty fund raising programs include the Jazz Brunch series in April, Mardi Gras, Halloween mask auctions, "Meet the Chefs" and Crabfest.

Rick has a definite sense of community. His awareness of what's going on in the community, his ability to step forward and always be ready to help is second to none.

Rick has a definite sense of community. His awareness of what's going on in the community, his ability to step forward and always be ready to help is second to none.



## Volunteer Spotlight—The Internship Program at the Resource Center of Somerset

### Mizuki Ogawa-Peterson, MSW, LCSW—Resource Center of Somerset

The Resource Center of Somerset has been providing training and supervision to interns from local universities and colleges since 2006 through our Clinical Program. At that time, the clinical program accepted two Master of Social Work students from Rutgers University School of Social Work. As client need increased and the Clinical Program grew, the number of interns also increased, and at one point, the agency simultaneously had nine interns providing services to clients.

The Resource Center has accepted interns from Rutgers University, Monmouth University, Fairleigh Dickinson University, Kean University, Montclair University, College of Saint Elizabeth and Raritan Valley Community College. Most of the interns are in masters level Social



Mary Margaret Shashaty & Rebecca Seibelt

Work or Counseling programs. They are normally placed in the Clinical Program to provide individual counseling for both adults and children, and facilitate psycho-educational and therapy groups.

Recently, there have been requests for the agency to train bachelors level social work students who been placed at the Safe House to answer hotline calls, provide case management to residents, and co-facilitate support groups. "BSW interns are willing to help out in different areas with whatever is needed. I have been very happy with the ones we have had so far. Two of them even became (hotline) call takers for us," states Alison Lipman, Residential Coordinator.

Our agency has an excellent reputation for training students in clinical and counseling skills. Most of the interns seem to end their internship very satisfied because of the experience they receive. However, we also gain a lot from them,

because they are so eager to learn and work with our clients. They are very compassionate and always want to do more.

One of the interns recognized for her excellent work and subsequently hired as full-time staff was Anmarie Crispino, Adult Counselor/DVRT Coordinator. She states, "I thought the agency as a whole seemed to be very committed to helping victims/survivors of Domestic Violence and that was refreshing. I love this population; they are challenging, but mostly driven and want to change and that is rewarding as a clinician."

Here are some other comments from our current and former interns:

"Interning at the Resource Center has been such a rich learning experience. Through my experience here, I have learned so much about the domestic violence population, as well as about myself as a counselor. The clinical staff at the Resource Center is not only helpful, but a supportive and collaborative team that has encouraged me to become involved in the field as well as improve my skills as a counselor. For that I will be forever grateful! - Mary Margaret Shashaty (Fairleigh Dickinson University Counseling Intern)

"I have had a wonderful internship experience here at the Resource Center. I experienced a tremendous amount of support in the process of becoming a domestic violence counselor. My supervisor was excellent at facilitating me in theory and practice with my clients. I never felt isolated, and always felt comfortable in going to my supervisor or fellow counselors about any issues, or questions. I have expanded my knowledge about domestic violence. Instead of thinking of domestic violence as a woman being stuck in a situation in which she is abused, I think of safety planning, the cycle of violence, power and control, healthy boundaries, coping, the legal process, and empowerment. I give the Resource Center an A+ and attribute this to the excellent staff members." - Rebecca Seibelt (Montclair University, Counseling Intern)

"While interning at the Resource Center I received support, tools, and patience from the staff who are so dedicated and talented. Meeting such brave clients who are full of drive, empathy,



Dierdre Constanza

resilience, and humor while in the throes of adversity and disappointments has been inspirational. I have learned to open my heart and release judgments during my internship. I am impressed with the strong sense of hope for change. The counseling tools are tailored to abused clients, which really makes a difference because there is universality and understanding of the unique challenges domestic violence creates. I gained tools needed to start my journey as an effective counselor and also gained a purpose and meaning in my desire to make a difference. *I am honored to do my internship here.*- Dierdre Constanza (Fairleigh Dickinson University Counseling Intern)

"I have heard horror stories from other classmates at school and I feel so lucky to have the Resource Center as my first counseling experience. Having worked at this site mainly with children, I know now for sure that this is the population that I want to work with. Domestic Violence counseling is very important work and I'm honored to be a part of it!"- Alexis Walczak (College of Saint Elizabeth Counseling Intern.)



Alexis Walczak

# Resource Center of Somerset

**Resource Center of Somerset**  
427 Homestead Road  
Hillsborough, NJ 08844

**Hotline: 866-685-1122**  
Phone: 908-359-0003  
Fax: 908-359-8881



**Visit Us on the Web**

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

## Upcoming Events

### *Verve Crabfest*

Fundraiser Sponsored by  
Verve Bistro and Restaurant  
**July 20, 21 & 22, 2011**

**Special Resource Center Night—July 31**  
Verve Bistro  
Somerville, NJ

23rd Annual

### *Candlelight Vigil for Victims of Domestic Abuse*

**Thursday, October 6, 2011**  
Historic Somerset County Courthouse  
Somerville, NJ

### *A Starry Night in London*

**Annual Black-tie Gala**  
**Friday, October 14, 2011**  
The Mansion at Natirar  
Peapack, NJ

### *Holiday Gift Collection*

*Adopt-A-Family*  
begins  
**November, 2011**



*Our mission is to end domestic abuse  
and empower victims by providing  
protection, education and resources.*

### *Services include::*

- Emergency Shelter
- 24-Hour Hotline
- Transitional Housing
- Legal Advocacy
- Domestic Violence Response Teams
- Outreach Counseling
- Community Education
- Services for Adults & Children

427 Homestead Road • Hillsborough, NJ 08844-1400 • 908-359-0003

***Our 24-Hour Hotline • 866-685-1122***

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

For additional information on sponsoring or making a contribution for one of our upcoming events, Contact  
Anthony Winchatz, Director of Community Affairs (908) 359-0003, ext. 223  
Kathy Ciccotelli, Development (908) 359-0003, ext. 220