



RAVEN News

Founded in 1978, RAVEN operates the 3rd oldest batterer intervention program in the United States.

Our mission is to foster peaceful relationships, families, and communities by increasing self-awareness, challenging abuse and control, teaching alternative behaviors, and promoting personal responsibility.

St. Louis Organization for Changing Men, d/b/a RAVEN

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Students are Leaders in Non-violence

RAVEN's Youth Working Against Violence (Youth WAV) program is offering more groups than ever. We are now venturing into St. Louis public schools to engage young men to be leaders in non-violence.

Youth WAV's leadership groups invite male youth into the conversation in a way which affirms their lives and approaches them not as potential perpetrators, but as empowered bystanders with the capacity to influence other young men in positive ways. Through teaching healthy relationship skills to young men, helping students expand their definitions of manhood, and promoting the awareness and tools to be role models of peace for other men, Youth WAV can help male youth become powerful change agents in their communities.

Youth WAV's leadership group in Long Middle School is doing just that. The young men of Long Middle School have de-

cidated to participate in St. Louis' first ever White Ribbon Day on April 5th 2007, declared by the National Sexual Violence Resource Center as "A day to end sexual violence." By wearing the white ribbon on April 5th, the young men pledge never to commit, condone, or remain silent about violence against women. White Ribbon Day will honor non-violent men as part of the solution to ending violence against women. The students plan to make a White Ribbon Day banner for prominent display on April 5th, and they will ask all men at their school to sign the banner and wear the ribbon.

The White Ribbon Campaign is the largest effort in the world of men working to end men's violence against women. The campaign began in Canada in 1991 and has since spread to over 50 countries. Youth WAV is proud to assist Long Middle School in making the first ever White Ribbon Day in St. Louis a success.

Teresa von Stamwitz

Long Middle School is the only middle school in St. Louis hosting a White Ribbon Day, and the Youth WAV leadership group wants to set a strong precedent so other men may continue the campaign in future years. A Youth WAV intern is also partnering with the all-male peer education group called One in Four (educators on rape prevention) at Washington University in St. Louis to host a college campus White Ribbon Day on April 5th.

White Ribbon Day lays the foundation in a community for men as agents of prevention, because it encourages men to help create a peer culture in which violence against women is socially unacceptable. Men have the power and the responsibility to stop violence against women, and these young men have chosen to take the first step. To learn more about the White Ribbon Campaign, see www.whiteribbon.com.

Board President Message

"All things move in a hurry when it is spring." This is the refrain from a child's book I read to my son when he was small. This spring things are moving in a hurry at RAVEN as well.

In a few short weeks we bid a bittersweet farewell to our Executive Director, Barbara Hiltz. We are immensely grateful for her leadership, vision and commitment and will miss her presence.

While Barb prepares to leave we extend a warm and enthusiastic welcome to Jane Palmer, our new Executive Director. Jane joins us in April and is ready to take on the challenges and rewards of the Executive Director position.

Other changes include the addition of four new Board members and a growing number of professionals from many disciplines who serve on our advi-

Mary Fox

sory panel. Each of these individuals brings a special set of skills, knowledge and talent to our organization.

It is certainly a time of rapid change and transition for the agency. Through it all RAVEN acknowledges and appreciates the constants: dedicated staff, volunteers, supporters and donors. With you RAVEN is able to weather any season of change.

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Using Role-Plays in Adult Groups

Carey Pearson

RAVEN's adult intervention program has recently formally integrated role-plays into our curriculum. The purpose of the role-plays is to practice what RAVEN is teaching, in order to build confidence and mastery of these new non-violence skills. This is done by reenacting life scenarios but with a twist. That is, in the context of a safe environment, old behaviors are reenacted and reevaluated in order to insert the new skills. The goal is that once those new skills become familiar through repetition, non-abusive behavior will occur more naturally in the men's daily lives – ultimately leading to real change and peaceful relationships.

In these role-plays, men are learning concrete skills to help them be accountable and remain assertive and non-abusive. The role-play scenarios were written based on actual events that men have reported in groups; how-

ever facilitators are encouraged to identify and use current situations identified by group members as role-play scenarios. Using a man's true life circumstances makes the role-play more authentic for both the man and the group as a whole. At the end of every role-play, the facilitators spend time processing with the whole group so that the participants in the role-play can share their experience and the group can give feedback about what they observed.

It's important that the men leave the role-play feeling like it was successful, which becomes the facilitator's primary responsibility during the role-play. It does not mean that the role-play should be easy. However, if the participant is struggling, or if he is hitting "dead ends" with what he is trying, facilitators will pause the role-play and have the group give the participant feedback about

other things to try. If the participant is not getting the result he wants from the other character he role-plays, facilitators encourage him to think about how this applies to the real world. Specifically, facilitators use this opportunity to discuss that getting "what you want" should not always be the goal. They then practice skills such as negotiation, respectfully disagreeing and flexibility. Again, if the group members leave feeling frustrated, the role-play has not been a success.

Naturally, role-playing often feels silly and men get embarrassed "acting" in front of the group. The role-plays are not meant to provoke anxiety. They are meant to be fun while at the same time affording the men the opportunity to practice some of the critical skills that will move them closer to leading non-violent lives.

New Friends

RAVEN would like to thank **Dielman Moving & Storage, Inc.** in St. Louis for their help with our recent move. Dielman is a mid size local moving & storage company that is family owned and operated by Charles and Joe Price.

Deilman Moving & Storage, Inc. provided RAVEN with discounted move services. It is community partners like you that make our work possible!

RAVEN would like to welcome **Minister Madeline Long Gill**, who joins RAVEN's newly formed Advisory Board. Madeline is the founder of Making A Difference (MAD) Ministries in St. Louis, an outreach organization with a purpose to enhance quality of life through the promotion of world peace, the eradication of poverty, improvement of the quality of education and the development of a more compassionate humanity. "I am so pleased to be a part of another organization with such an important mission", says Madeline about her new work with RAVEN.

If you are interested in learning more about MAD Ministries, please visit www.madministries.org.

A Farewell from the Executive Director

It is with a full heart and a host of emotions that I bid farewell to all of the friends and supporters of RAVEN.

During my time at RAVEN I have watched the organization grow and change to meet the needs of our community. I have watched the staff and volunteers work with tremendous dedication to fulfill the mission of creating healthy families. I have watched men come, go, and grow in the program. I have watched youth open up to new ideas and alternative ways of handling conflict. I have watched our brother and sister agencies work hard to end violence in our communities. I thank you all for allowing me to be a part of that journey.

I wish RAVEN, and all of our friends, continued success.

- Barb Hiltz

Fundraising News

Shoes, Shoes Shoes!

We have two events in April revolving around shoes! The first is a shoe buyer's dream.

In honor of Sexual Assault Awareness Month, RAVEN has partnered with Diba Shoes for an event to benefit RAVEN.

What: 25% off any style you choose, 10% off **all future** purchases and 50% off select pairs. 10% of sales will benefit RAVEN!

Where: 3630 Corporate Trail Drive, Earth City, Missouri 63043

When: April 7th from Noon-3PM

Bring the shoe lovers in your life. You will not be disappointed!

Walk a Mile in Her Shoes®

Our second annual Walk a Mile in Her Shoes® event is just around the corner! This is a nationwide event that invites families to participate in a one mile walk to raise awareness around issues of rape, sexual assault, and gender violence. The march empowers men to join the efforts of women in making the world a safer place, and it provides an opportunity for the community to talk about these important issues.

While everyone is invited to walk, men are encouraged to bring their favorite pair of women's shoes and really find out what it is like to Walk a

Mile in Her Shoes®!

Get involved by walking in the event, forming a walk team with your friends, neighbors or co-workers, or sponsoring someone who you know is walking.

What: A one mile walk to raise awareness around issues of rape, sexual assault and gender violence

Where: Tower Grove Park Pool Shelter (by the playground)

When: April 14th, 10:00 AM

Who Benefits: ALIVE, RAVEN, the St. Louis Family Violence Council, and the YWCA -Regional Sexual Assault Center

Registration and Sponsorship Information available at www.walkamilestl.org.



Not sure what to do with that old Cell Phone?

Donate it to RAVEN... Here's how it works:

- * Community partners like you help RAVEN collect old cell phones that people are no longer using.
- * RAVEN sends the cell phones to a telephone collection agency, who...
- * Recycles and reuses the old cell phones, then makes a donation to RAVEN to help us fund our domestic violence programming.

Thanks to our Generous Donors

RAVEN offers thanks to the following people and organizations for their generous contributions to RAVEN from September 2006 to February 2007:

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Ann E. Bauer
The Milford and Lee
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Robert Williams

Thank you also to all of our donors who wish to remain anonymous.



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**We're on the
Web:
www.ravenstl.org**

RAVEN Wish List

Below is a list of ideas for donations to RAVEN. If you have any questions or wish to make a donation, please contact RAVEN at 314/367-3200

Computer and monitor
Conference table/chairs
End tables
Plants
Telephone table
Plastic chair mats
Entry rug
Area rugs
White noise makers
Copy paper
Chairs for therapy room

Volunteer Corner

Welcome to RAVEN's Volunteer Corner! Volunteering certainly benefits the organizations, but also adds benefit to the lives of those who volunteer. Here is what some people who volunteer at RAVEN say about their experience:

"Interning with RAVEN's Youth WAV program has been a fantastic professional learning experience. I'm proud to be engaged in the work that RAVEN does, and excited to have shared so much time with the great staff and volunteers here!"

"RAVEN has been a wonderful opportunity to work with an organization that changes

lives and helps men regain a future for themselves. It has also provided me the opportunity to strengthen and grow my ministry."

"My internship with Youth-WAV at RAVEN has been overwhelmingly positive, not only because the agency as a whole is part of such an important movement, but because each staff member here at some point has made me feel like she is personally vested in my learning experience. The youth teach me a thing or two every week as well!"

"RAVEN has blessed me in ways I couldn't have anticipated."

Veronica Johnson

"Doing an internship at RAVEN has not only given me a better understanding of domestic abuse but abuse in general. It has allowed me to understand how non-profit organizations function and bolstered my decision to become a LPC."

These are just some of the positive experiences our volunteers have shared. So, please think about joining our team. If you are interested in giving back to the community in a very unique and important setting, don't miss the opportunity to call and participate in our upcoming 2007 training session. See you there!