



The Listening Ear's Quarterly Newsletter

I'm All Ears

The Listening Ear: Year in Review

It's been a busy year for the Ear! As we continue on in our 34th year of service to the Greater Lansing Community, it's important to take a look back and recognize some of our accomplishments for the past year.

- Volunteer crisis counselors answered over 9,800 calls from community members.
- Our Community Education Program impacted over 3,600 people through speaking engagements and resources fairs, including a presentation about suicide and depression to the entire senior class of Mason High School.
- Our Sexual Assault Counseling staff assisted nearly 30 survivors over the past year and our staff handled nearly 400 sexual assault related calls.
- Nearly 1,300 callers benefited from referrals we provided when their situation required more than crisis counseling.
- Throughout the past year, we trained over 75 new crisis volunteers and our volunteer staff currently exceeds 90 members.
- We joined in an important partnership with the Lansing Area AIDS Network to become the satellite testing site for HIV antibody testing for East Lansing.
- Bob's Run, our annual 5K run, was a huge success in its fifth year, with over 300 runners/walkers and at least 100 volunteers, raising over \$9,000 for our organization.
- A recent City of East Lansing study on the awareness of social services available to low income city residents, reported that The Listening Ear was the best-known program. In addition, 94% of those who responded rated The Listening Ear as valuable to their community.

In addition to providing the services we already offer, we have many crucial improvements planned for the coming year. We are working on the development of a comprehensive Information and Referral program. This will include the design of a new I & R

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That Time of The Year

It's that time of year again. All that seems to be on anyone's mind is the holidays. At the Listening Ear we have other things to think about than just the holidays: people who need help, regardless of what day it is. Crisis counselors are available 24 hours a day to help anyone in need, including any holiday. Frustrated that your "open 24 hours" corner store has rearranged their hours of operation during the holidays? Give us a call. While we can't supply you with the batteries, we can give you a listening ear until someone can.

*Volunteer
Crisis
Counselors
answer calls
24 hours a
day, 365 days
a year.*

Issue Number 02-04

4th Quarter 2002

ORIENTATIONS

SATURDAY 1/11/03

1:00PM-3:30PM

SPARROW PROFESSIONAL CENTER

MONDAY 1/13/03

7:00pm-9:30pm

WELLS HALL, MSU

WEDNESDAY 1/15/03

7:00PM-9:30PM

WELLS HALL, MSU

THURSDAY 1/16/03

7:00PM-9:30PM

WELLS HALL, MSU

FEBRUARY 9-16, 2003

BOOK DAYS AT SHCULER BOOKS & MUSIC

Call 337-1728 for more information about any of the above events!



Children and Sexual Assault

Sexual abuse of children is a nefarious and devastating epidemic in our society. Unfortunately, sexual abuse and incest goes without much attention. We are facing a devastating epidemic where one out of three girls, and one out of seven boys are sexually abused by the time they reach the age of 18 (Bass and Davis, 1988, P. 20). Therefore, if you are a survivor you are not alone.

Sexual abuse committed against children is a demoralizing crime that occurs when an adult uses a child or a minor for their own sexual gratification. When this crime occurs within the family unit this sexual abuse is termed incest. The modern definition of incest is evolving to incorporate sexual abuse by those who have authority and power over the child or the minor. This definition may now include not only immediate blood relatives of the child, but also extended family members, babysitters, priests, etc.

Most parents teach their children "stranger danger", to be leery of any stranger trying to lure them away. Unfortunately, this leaves most children vulnerable because the more common threat comes from an adult the child is related to by blood or by marriage. Sexual abuse that occurs within the family unit also harbors the greatest potential for extreme emotional damage to the child (Courtois, 1988, P. 12).

The way to protect children from sexual abuse is to be informed about who perpetrates this crime. The men who perpetrate this crime are most often family members, trusted friends of the family and those who have authority over the child. 95% of the perpetrators of girls are men and 80% of the perpetrators of boys are also men (Bass and Davis, 1988, P. 96). This may be the major reason why publicly talking about incest and sexual abuse is more stifled than the incest itself. Who holds all the power and control in our society? Men. The majority of judges, police, prosecutors and others responsible for protection and enforcement are men. (McClendon, 1991, P. 2)

In addition, it is important to know that sexual abuse occurs at very early ages. Approximately one-third of all minor victims of sexual abuse cases are children younger than 6 years of age (Violence and the Family. Report of the American Psychological Association Presidential Task Force on Violence and the Family, 1996).

With the staggering numbers of survivors and the multitude of emotional problems the survivors incurred due to their victimization it is imperative to receive emotional support if you are a survivor. Over 40 percent of all survivors of childhood sexual abuse suffer severe emotional aftereffects and seek therapy into adulthood to help them regain control over their lives (McClendon, 1991, P. 2). So, if you are a survivor your perceptions are correct: you did not over react; no matter how little or how much was done to you, it was terrible and wrong. You should seek help even if it is just to not sit in silence alone, because you are not alone and you deserve support.

Please return to: *The Listening Ear, 1017 E Grand River Ave, East Lansing MI 48823*

I want to make a difference in my community with a gift of:

- | | | | |
|-------------------------------|----------------------------------|-------------------------|---|
| <input type="checkbox"/> \$90 | <input type="checkbox"/> \$_____ | Remember, it costs | Please Charge my Visa/MC \$_____ Exp. Date: ___/___ |
| <input type="checkbox"/> \$60 | <input type="checkbox"/> \$180 | \$60 to keep our crisis | Signature: _____ |
| <input type="checkbox"/> \$30 | <input type="checkbox"/> \$120 | hotline open for 24 | Card #: _____ |
| | | hours! | |

If charging to a credit card, please complete the below information using your credit card billing address.



Thank You!

The Listening Ear
Crisis & Referral Center
1017 E Grand River Ave
East Lansing, MI 48823

517.337.1717

Name _____

Address _____

City/State _____ Zip _____

E-mail _____

Phone _____

The Listening Ear

24 hour Crisis Intervention Center



- ☆ Make A Real Difference By Helping Others
- ☆ Learn Effective Communication Skills
- ☆ Be Part Of A Grassroots Organization That Has Been Helping The Greater Lansing Community For Over 30 Years

Volunteer Now!

Learn How You Can Become A Part Of The Listening Ear Staff!

New Volunteer Orientations: Attend One

Saturday, January 11, 1-3:30pm Sparrow Professional Center

Monday, January 13, 7-9:30pm, Wells Hall, MSU

Wednesday, January 15, 7-9:30pm, Wells Hall, MSU

Thursday, January 16, 7-9:30pm, Wells Hall, MSU

Call 337-1717 For More Information!

Wish List for The Ear

- Office Supplies
- Volunteers
- Art—posters and pictures
- Laminator
- Filing Cabinets
- Conference Tables & Chairs
- Desks
- Laptop Computer
- Building/Home
- Gift Cards/Certificates

Items need to be in good condition. We are a 501(c)3 agency. Any and all donations are tax-deductible as allowed by law. Receipts are willingly provided. To make a donation, please contact our Office Manager, Sean, at 337-1728.

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database and designing additional training curriculums for volunteer staff, as well as networking and connecting with different community agencies. We also plan to expand our Community Education program to provide even more opportunities to heighten awareness in the community about suicide, sexual assault and active listening.

The Listening Ear is the oldest all-volunteer run crisis intervention center in the US. We have long relied on the kindness and hard work of community members to keep our services available free of charge to all who seek them. Thank you for your support!

**A Happy
New
Year!**

Interested in supporting "I'm All Ears"?

Your small advertisement could do just that! Contact the Listening Ear's business office at (517)337-1728 for information regarding sponsorship and advertising. You can reach out to over 1, 500 Listening Ear supporters and enable the Ear to continue reaching out as well.

Over 30,000 people committed suicide in the United States in 1998. Over 900 of those suicides happened here in Michigan.
Source: 2000 National Vital Statistics Report

Thank You to the sponsors of Bob's Run 2002!

7-11—Grove Street
Alliance Obstetrics & Gynecology
APCapital
Barnes & Noble
Chesters Nuts
City of East Lansing
Marilyn Viera, D.O.
Dr. George Meluch, D.C.
Delta Sigma Theta Sorority, Inc., Lansing Alumnae Chapter
Evergreen Grill
Classic Wines
East Lansing Food Co-Op
Foster, Swift, Collins, & Smith, P.C.
Grand River Counseling Center
Foods for Living
Helen Schneiderman and Daniel Vivian
Ingham Regional Medical Center
Jackson National Life
Kilwin's Chocolates and Ice Cream
Kroger-Saginaw Highway
Law Office of Julie H Reincke
MSU Federal Credit Union
Mary C. Fairgrieve, A.C.S.W.

Michigan Athletic Club
Two Men and A Truck
Mary Ann Olsen,
Certified Financial Planner
Prudential Securities
Fifth Third Bank
Okemos Optometry, P.C.
Meridian Screen Printing & Design
Saper Galleries
Meridian Health & Wellness Center
Michigan Pain Management Specialists
Nena O. Bondarenko, Realtor
Okemos Osteopathic Center
Pacesetter Mortgage Company
Rehmann Robson, CPS's & Consultants
Richard Coelho, Ph. D
Spotted Dog Café
Starbucks Coffee
MSU School of Social Work
The State News
Warmel's & Comstock, PLLC
Knaggs, Harter, Brake, & Schneider, P. C.

The Listening Ear would like to thank the thousands of volunteers who have dedicated their time, energy, and money to our cause over the past 34 years.

Honor your family and friends with a gift to The Listening Ear

Is there someone special that you would like to remember this holiday season?

Honor them with a gift to The Listening Ear.

Your information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

In Honor/Memory of _____

Please include this person's name in the next "I'm All Ears"

Please send a card of acknowledgement to:

Name: _____

Address: _____



Support the Listening Ear at Schuler's Book Days!

During the week of February 9-16, 2003, both Schuler's Books and Music locations, at the Meridian Mall and the Eastwood Towne Center, will donate 20% of your purchase to the Listening Ear when you mention Book Days. Effortlessly support your favorite crisis center!



February 14th is around the corner. Need gift ideas for your sweetie?

Buy them a book or CD for Valentine's Day. They get a great gift and you support the Listening Ear at the same time!



~REMINDER~

Book Days: Feb. 9-16, 2003

at Schuler's Books and Music in the Meridian Mall or the Eastwood Towne Center. 20% of your purchase goes to the Listening Ear when you present this coupon or mention Book Days to your cashier at the time of purchase. Please thank Schuler's for their support of the Listening Ear!





The Listening Ear
1017 East Grand River Avenue
East Lansing, MI 48823

Crisis Line: 517-337-1717
Business Line: 517-337-1728
E-mail: theear@msu.edu

Non-Profit Org.
U.S. Postage
PAID
East Lansing, MI
Permit No. 106

We're on the Web!
www.theear.org

Board Members

Community Members

- Amy Cairns
- Louise Forsythe (Treasurer)
- Lou Hekhuis
- Cynthia Alderson (Secretary)
- Sarah Shaw
- Eduardo Olivo

Staff Members

- Alyssa Baumann (Chair)
- Fred Jaecklein
- Shauna Matlen
- Jack Langdon
- Kevin O'Donohue

Staff:

- Sean Kennedy (Office Manager)
- Over 90 volunteer crisis counselors.

If you are interested in joining The Listening Ear, Please call (517)337-1717!

“SOMETIMES THE MOST IMPORTANT THINGS ARE THE HARDEST TO SAY. SOMETIMES IT HURTS TOO MUCH NOT TO TALK. THAT’S THE WORST, WHEN THE SECRET STAYS LOCKED UP FOR WANT OF AN UNDERSTANDING EAR.”
–LISTENING EAR STAFF MEMBER

From time to time the Listening Ear may share addresses of supporters with other community service organizations. If you do not want your address to be given to another organization please call us at 337-1728.

The Listening Ear Crisis Intervention Center extends our thanks to the community, individuals, and businesses that allow us to continue to serve as a helpful, supportive presence to those in need.