



FCC FRONTLINE

\ 'FRƏNT-,LĪN \ : THE MOST IMPORTANT OR INFLUENTIAL POSITION IN A DEBATE OR MOVEMENT



Display at the Wine Gala. Silhouettes represented clients and each was accompanied by a story, offering insight into the abuse our clients face.

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A NIGHT TO REFLECT & REMEMBER

BY SHARI KASTEIN

There are memories in life that are secured in your mind eternally. The 2018 Wine Gala was a celebration that will have an everlasting hold on me.

The Wine Gala celebrated and recognized my 20 years of service with the Family Crisis Centers and the state of Iowa in victim services. Twenty years ago, my daughter and I moved to northwest Iowa to rebuild our lives while serving others. During the past two decades, I have taken my leadership role at

FCC very seriously. I wanted to guide FCC from being a small rural victim service agency to becoming an accomplished agency statewide. Over the last 20 years, FCC has seen growth:

- staff from 9 to nearly 60
- 5 new shelter and office complexes
- comprehensive housing program was developed;
- homicide & violent crimes (WISH) unit started for 29 counties in 2013
- Iowa Victim Service Call Center opened in 2015

- Integrated Advocacy Services in area medical clinics established in 2017

Although these endeavors were my concepts and ideas, FCC's amazing staff implements and carries out these services each day. As the daily number of contacts accelerates, FCC heightens staff's training and knowledge. The professional staff needed to meet the daily needs of 26,000 victims and survivors each year is remarkable. That is what FCC's staff is - remarkable.

Always You & Me

My mom survived domestic violence. We also survived and recovered from the brutal attack against me. With those experiences, it fueled her to help other victims and put a stop to violence. From starting a shelter in our home to putting herself through college as a single parent, she has made sacrifices through the years. Not only to make a better life for us, but for countless victims she has helped.

Mom, seeing what you have achieved over the last 20 years is truly amazing.

You have made such a huge difference with your constant optimism and dedication to helping others. I'm sure those you have helped would agree. I truly appreciate all you have given me over the years. I want you to know I am so very proud of you and that I love you very much. And that it is always you and me.

-speech at Wine Gala by Melissa, Shari Kastein's daughter

WHAT IF I TOLD YOU...

What if I told you that someone you know needs us? It could be a family member. It could be a friend. It could be a neighbor, a coworker, or someone you greet in church each Sunday. It could be the cashier at the grocery store or the child you see playing outside as soon as the weather is nice enough.

What if I told you that all those who need us are facing fear, sorrow, isolation, violence and so much more? Every single day. Things like normal daily routines are hard. Hard because no matter what they do, someone is there telling them it's all wrong. And that they're worthless and crazy. Someone is there telling them that they have no one who loves them, no one who cares. And that they're lucky. Lucky to have their self worth shredded, lucky to have a constant stream of insults. Lucky to have the "love" of this person because they

could never survive without it. They'd never find anyone else to "love" them.

What if I told you that over time, the people who need us start to believe all of those things? They start to accept this as exactly what they deserve.

But what if I told you that you could help? You could help by choosing kindness - always. We never know what path another person is walking. We never know what obstacles they face or how much they might be suffering without the slightest bit of visible evidence. Your kindness could be the life line they need that day.

If I could ask one thing, it'd be that you listen. If someone ever chooses to confide in you, listen to their story and believe them. You could tell them that we're available and we can help. Because what if I told you this small kindness could change a life - even save a life too?

PROGRAM HIGHLIGHTS

Domestic Violence & Integrated Advocacy

What's it like at FCC these past few months? Our housing is completely FULL (that's 4 apartments and 12 bedrooms). We have 13 children here right now. And our halls aren't filled with tears and sorrow. They're filled with laughter and happiness, something that's much easier to experience without the threat of violence at every corner. Our advocates are busy going from one client appointment to the next, one court appointment to another. People often say "I wish we didn't need a program like yours, but I'm glad you're here". We feel the same way.

Homicide & Violent Crimes (WISH Unit)

The first quarter of 2018 saw 30 new cases of violent crime for the WISH Unit - **this is 16 more cases than last year during the same time frame.** In these cases, our team has supported survivors of:

- homicide
- vehicular homicide
- sexual assault
- arson
- drive by shooting
- robbery
- child abuse
- intimidation with a dangerous weapon
- aggravated assault

Our team will continue working with victims and survivors of crime to ensure everyone has much needed support and resources.

Iowa Victim Service Call Center

The Call Center has been experiencing the usual increase in calls during the last couple of months. Whatever the reasons for the increase, we're so glad people are reaching out for help. Here's what else is happening at the Call Center:

- 15,000 coffee sleeves with info throughout Iowa
- Sexual assault posters with number and text line to colleges in Iowa
- Increase in human trafficking calls
- Over 100 languages added to website

To learn more about our Call Center, visit the website at survivorshelpline.org.

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We are settling in to our new home. The kids have all started school. My 4 year old told me yesterday - **I have never been so happy.** Thank you for everything.

- *WISH Unit client, violent crime survivor*



TO ALL OUR VOLUNTEERS

BY TAMMY LIEF

In April, we celebrate National Volunteer Appreciation month. There is no way that we could say thank you enough to all of the faithful people who volunteer for Family Crisis Centers. Our volunteers work tirelessly at Melissa's Hope Chest, tutor our young students in housing, regularly come to do building maintenance, serve on our Board and Advisory Council, provide much needed child care, sort and organize our food pantry, provide

transportation to clients, perform weekly office cleaning, work on administrative projects, help with our fundraising events and projects, hang pull tabs and flyers, and so much more!! We even have a volunteer pastor who ministers to our clients in countless ways. The impact that these people make upon our organization is immeasurable. Through their work, they bring hope to so many - allowing us to focus upon our important

mission - assisting survivors and victims of violent crimes and abuse.

To all of our volunteers, we say THANK YOU for your generous gift of time and for your dedication to FCC. We could not do what we do without you!

For more information about how YOU can get involved as a volunteer, please contact Tammy Lief by emailing:

tammyl@familycrisiscenters.org

WINE GALA 2018



IF YOU OR SOMEONE YOU KNOW NEEDS HELP

Please call us. We're here for you any day, any time. Our services are always free and confidential.

24 HOUR LINE - 1.800.382.5603

WANT TO DONATE?

Donations help us meet the full needs of our clients and the many people we serve. Your support is greatly needed! Send donations to:

Family Crisis Centers
PO Box 295

Sioux Center, IA 51250

Thank You For Your Support!