

# Hays-Caldwell Women's Center

Protection, advocacy and education  
for men, women and children

**24-hour HELPLINE**  
**512-396-4357**  
or 1-800-700-4292

## IN THIS ISSUE

### Page 1

#### **Living with Secrets**

Understand the reality of victims who live in silence.

### Page 3

#### **Speaking Out**

Meet Joe, a survivor of childhood sexual abuse, on his journey of healing.

### Page 4

#### **Sexual Violence Affects Us All**

Learn how this crime affects you and read on to see what you can do.

### Page 5

#### **Raise Your Voice at the Capitol**

Take action today and keep HCWC programs alive!

### Page 6

#### **Volunteers Make a Difference**

See how men, women and children just like you help local victims of abuse

### Page 7

#### **HCWC Happenings**

Save the date for Advocate Training and the Caldwell County Family Violence Task Force Conference.

### Page 7

#### **HCWC Donations & Memberships**

Meet victims' needs by donating an item from our wish list or becoming a member.

### Page 8

#### **Volunteer Classifieds**

Join the HEARTeam, answer the HELPLINE, co-facilitate a children's group and more! Whatever you do this summer, make time to volunteer at HCWC.

# The Networker

Spring 2005

Our Twenty-Seventh Year

## Living with Secrets Living with Pain

By Laura Dupont & Linda Hunter

Living with the secrets...living with the effects of being sexually abused as a child. That's the day-to-day life of many women—and many men. One of every four women and one of every seven men experienced some form of sexual abuse during childhood or adolescence.

**Sexual abuse most often occurs without force or physical violence and may not involved physical contact at all.**

Many victims/survivors do not make the connections between sexual abuse as a child and the resulting effects on their bodies, emotions, thought patterns and relationships as adults. Many may not even identify what happened to them as sexual abuse because they believe the common "myth" that sexual abuse always includes physical force or violence.

Though some abusers do use force and violence to sexually abuse children, a greater number use manipulation. By gaining the victim's trust and confidence, the abuser uses a child's innocence against them, creating confusion that almost always ensures compliance and secrecy. The abuser most often has an existing relationship with the child outside of the abuse, for example as family, friends, neighbors or caregivers. These abusers seldom use force or physical violence, but instead they manipulate their victims into "keeping the secret."

Adding to the difficulty of identifying these experiences as sexual abuse, many men and women were also victims of emotional sexual abuse that did not involve physical contact at all. This emotional sexual abuse is not as easy to define or to identify as physical sexual abuse. It may include being sexually shamed, ridiculed, harassed or intimidated. The child may be forced, coerced or expected to assume a level of sexual maturity that isn't age appropriate.

The adult may share information and/or feelings about a sexual relationship expecting the child to provide inappropriate emotional support. Adults who were emotionally sexually abused as children often experience a greater amount of confusion because they have no physical act of abuse to pinpoint as the source of their pain.

**Many adults seek support in healing the wounds of sexual abuse. They no longer live with the secret or the pain.**

Living with the effects of childhood sexual abuse is a reality in the lives of far too many women and men who believe they must carry the pain the rest of their lives. That's another myth.

If you or someone you know would like more information about services available for adults sexually abused or to speak with a sexual assault/abuse counselor, call the HCWC Counseling & Resource Center at 512.396.3404 and ask to speak with a member of the Sexual Assault & Abuse Services Team.

**The only thing more painful than talking about sexual assault & abuse is NOT talking about it.**  
**We're here. We can help.**

Join us for  
Oceans of Fun!  
Annual Auction  
May 21st  
(See insert)

**Welcome to the Spring 2005 Edition of The Networker,**

a publication of the Hays-Caldwell Women's Center. We hope you find this edition's focus on sexual assault and sexual abuse useful in making our community a safer, healthier place to live.

**SEXUAL ASSAULT AND SEXUAL ABUSE IS A COMMUNITY CRIME THAT DESERVES A COMMUNITY RESPONSE.** Whether we have personally been a victim of sexual violence or if someone we know has been victimized, this crime affects each of us on a personal level. Go to page 4 for information on the effects of sexual violence and then read on for ways to get involved in the movement to end violence and abuse.

HCWC not only works with survivors of sexual assault and sexual abuse, but also family violence and child abuse. There are many ways you can make a difference in the lives of all of the victims with whom we work.

- Donate an item from our HCWC Wish List (page 7)**
- Attend Advocate Training and join the HCWC Advocate Team (page 8)**
- Make a financial contribution and become a member (page 7)**
- Arrange a presentation by HCWC staff for your church, business, organization or classroom.**

Remember, your support helps us provide critical services directly to local victims of child abuse, family violence and sexual assault & abuse. Get involved today!

**C o m i n g**

The Summer 2005 edition will feature valuable information about child abuse on a local level, as well as ways you can get involved in ending abuse and violence in our community. It will also include highlights from our 21st Annual Auction to be held May 21st.

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**Our Philosophy**

Physical, sexual, emotional or psychological abuse of one human being by another is unacceptable. The Hays-Caldwell Women's Center believes that all abuse diminishes or prohibits the full expression of life and growth that is every person's right.

**QUESTIONS/COMMENTS?**

*Send to:*

The Networker  
Attn: Editor

HCWC

P.O. Box 234

San Marcos, Texas 78667

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**Contributors:** Joe Delgado, Sgt. Penny Dunn, Laura Dupont, Lynette Eilers, Steven Fuentes, Linda Hunter, Marla Johnson, Victoria Lopez, Tim Love, Renee Perez and Amber Titus-Love

**CONGRATULATIONS One of HCWC's finest awarded**



**Always Speaking Out!**

Linda Hunter, pictured during an HCWC Sexual Assault Awareness Month event, is the 2005 recipient of the Outstanding Advocacy & Community Work Award from the National Sexual Violence Resource Center. Linda is the Program Director of HCWC's Sexual Assault & Abuse Services. Whether working in our local community or at a state level, Linda brings a passion to this work and is a true advocate for victims of sexual violence. Congratulations Linda!

**Board of Directors**

Marsha Moore, *President*

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**DID YOU KNOW** Texans place sexual assault, specifically sexual assault of children, in their top tier of crime concerns, ahead of gang violence and homicide?

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

# Speaking Out: My Story

By Joe Delgado

covered that I have a voice. I am not that helpless little boy any more. My voice is one of pain and triumph. It is a voice that sought other survivors.

My history of incest and child sexual abuse began when I was six and continued until I was fifteen or sixteen years old. When I look back on the times my uncle "Pido" abused me, I count twenty-four types of sexual and physical abuse he inflicted on me. The abuse ranged from sodomizing me with a plunger and other objects to holding me captive some weekends where I was physically and sexually tortured under the guise that we were "hanging out" for the weekend.

"Pido" exposed me to pornography, made me perform acts of bestiality and the list goes on. After "Pido" stopped abusing on me, I was confused about my sexuality. That began my journey of confusion and anger. My life was laid out with a foundation of deceit. With walls of mistrust, the fires of anger and rage were my protectors. Sex was my temporary shelter from everything.

In August 1998, my world came crumbling down when my 14-year relationship with a wonderful woman ended painfully. I realized that my life was a deception, which started long ago. I played myself like a puppet yanked by the strings of the past.

**I had to find out if there were others out there...like me, confused and desperate.**

Who, what and where did I turn to when the strings began to unravel? I knew that I couldn't continue my life this way anymore. I had to do something. I had to figure out what was wrong with me. That meant asking a lot of deep questions and finding the answers. This was the beginning of my odyssey, a quest, which turned out to be a long hard look at the person I had become.

Change is scary. I can see why it's easier to remain stuck in the past and not deal with my issues. I was lost. I was totally exposed. I'm an international award winning television producer/director. I have great credentials. How did I get this far with myself?

I wanted to go straight to the core of my issues of incest and child sexual abuse. I wanted to talk to other men like me. I knew there were others out there. I had to find out if they were like me, confused and desperate.

I was lucky enough to find such a group through HCWC. My life truly has changed since I began attending the HCWC Male Survivors Group. I've had the chance to see that I am not alone in the pain and confusion. Other men wherever they came from, whatever color they were, there were just as lost as I was. I found comfort in that we had all come together in a safe way to begin our journey of unraveling the past. It has given me a chance to look at others and myself with compassion and strength.

There will be a time when I won't be part of the male survivors group anymore. I won't be sad because I know that this part of my journey was the one that gave me a second chance to look back and deal with the demons of my childhood. I now have the chance to create the tools I need to live in a "healthy" present. I can never thank HCWC enough for caring and reaching out to men that live in silent rage. Everyone from HCWC and my support group will always have a special place in my heart for the rest of my life. My thanks to HCWC for their unselfish gift of love, patience and compassion for a group of men brave enough to stop and ask for directions.

Although it was difficult at first, "speaking out" I mean, I came to the realization that by speaking out, I am betraying the people who abused me. This is the last thing the abusers wanted me to do, and through all of this I dis-

**My voice is one of pain and triumph. It is a voice that sought other survivors.**



# Sexual Assault & Sexual Abuse Affects Each of Us

By Tim Love

**SEXUAL ASSAULT AND SEXUAL ABUSE ARE VIOLENT, PERSONAL CRIMES.** The effects on survivors are intense and overwhelming. This is further intensified by the fact that many survivors never talk about the violation they have experienced, not even to those closest to them.

**THESE CRIMES GO UNREPORTED AND PERPETRATORS REMAIN FREE.** A Texas Office of the Attorney General Sexual Assault and Crisis Services and Texas Association Against Sexual Assault (TAASA) study found that 2 million Texans have been sexually assaulted at some time in their life, but only 1 in 5 sexual assaults is ever reported. Another study\* suggests most rapists are serial rapists who commit over 13 violent acts each, including 10 acts of sexual violence. Our community will not be safe as long as 4 out of 5 victims lack the community support to speak about their experience, crimes continue to go unreported and perpetrators are free to continue their violent acts.

**THE EFFECTS SEND RIPPLES THROUGHOUT OUR COMMUNITY.** Effects of sexual assault and sexual abuse often profoundly impact every aspect of a survivor's life, including work, school, spirituality and parenting, as well as relationships with intimate partners, children, friends and co-workers. *See below.*

In addition to the survivor, the effects of sexual assault and sexual abuse are felt throughout the community. This violence acts as a stone thrown into a pond, causing ripples of effects throughout the survivor's community and beyond.

**SEXUAL ASSAULT AND SEXUAL ABUSE ARE COMMUNITY CRIMES THAT REQUIRE A COMMUNITY SOLUTION.** It will take each of us – men, women and children – to end the violence. The next couple of pages outline some ways you can get involved and support the mission of the Hays-Caldwell Women's Center: *to create an environment where violence and abuse are not tolerated in our communities. Help us stop sexual assault and sexual abuse.*

## **PARTNERS**

Many survivors report difficulties maintaining connections. They distance themselves from their intimate partners, trying to hide from the emotional and physical pain. They may have flashbacks of the sexual assault during intimacy, causing fear.

**So you want to know how sexual violence affects our entire community? Here are a few examples.**

## **EMPLOYERS/COWORKERS/PROFESSORS**

Survivors often find it difficult to concentrate on things they once found routine, such as work or school. Many survivors develop social phobias, making it difficult to interact with others, and the emotional and physical effect of sexual assault can lead to increased rates of absenteeism.

## **FRIENDS**

Friends of survivors may have a hard time figuring out how to support them. Survivors may isolate from friends and may not feel safe in many of the social situations that used to be a part of the friendship.

## **PARENTS**

Parents may feel an overwhelming sense of guilt if their child is a victim of sexual assault or abuse. Their child's response to the violence may be difficult to understand, and the desire to help may be frustrated by a child who withdraws and is uncomfortable discussing the experience.

## HCWC Services for FY 04

Adult Sexual Assault & Abuse Program (226 Clients)  
Family Violence Outreach Program (338 Clients)  
Shelter Program (332 Clients) Child Abuse Program (262 Clients)  
HELPLine Calls (1,399)  
Abuse & Prevention Education Programs (10,850 People Reached)

**Total Victims of Abuse Served: 2,557**

**Total Community Members Benefiting from Services: 13,407**

## RAISE YOUR VOICE AT THE CAPITOL

By Lynette Eilers

state funding is necessary to continue providing direct services to victims including a 24-hour HELPLine, hospital and criminal justice accompaniment, individual and group counseling, forensic interviews, safety planning, emergency shelter and other critical services.

The Texas Association Against Sexual Assault (TAASA), the Texas Council on Family Violence (TCFV) and Children's Advocacy Centers of Texas (CACTX) are working diligently at the capitol to maintain financial support and improve response services to victims in our state. Other high priority legislative items include amending the Code of Criminal Procedure to allow an evidence collection exam for victims of sexual assault if the crime is reported to law enforcement within ninety-six hours of the assault, as well as amending the Health and Safety Code to require a minimum level of treatment to rape survivors through the "Sexual Assault Survivors Emergency Room Treatment Act." Another focus is finding alternate funding for the Batterers Intervention & Prevention Programs and foster care services, which were previously funded through the Crime Victims Compensation Fund.

It is critical that our supporters and volunteers communicate with legislators regarding the need for local sexual assault, family violence and child abuse services. Writing or calling local legislators to request continued financial support of the critical services HCWC provides will make a difference! **How will your voice be heard?**



**If we LOSE 50% OF OUR FUNDING, what will happen to the other 6,703 community members WHO NEED OUR SERVICES? Local support is critical. CONTACT LEGISLATORS AND CONSIDER MAKING A PERSON DONATION TODAY!**

### Take Action Today!

**Sen. Kenneth L. Armbrister**  
Capitol Address: P.O. Box 12068  
Austin, Texas 78711  
Capitol Phone: 512.463.0118

**Rep. Patrick M. Rose**  
Capitol Address: P.O. Box 2910  
Austin, TX 78768  
Capitol Phone: 512.463.0647

**Sen. Jeff Wentworth**  
Capitol Address: P.O. Box 12068  
Austin, Texas 78711  
Capitol Phone: 512.463.0125

## Will You Be My Valentine?

HCWC hand-delivered Valentine messages to legislators in February. The messages, from HCWC clients, staff, board, volunteers and supporters, asked lawmakers to continue funding the critical services HCWC provides each day. Pictured are Rep. Patrick Rose, along with HCWC Staffers and Board President Marsha Moore, 2nd from right.

**You know it will take each of us to end abuse and violence. You've wanted to get involved for a while but weren't quite sure where you fit in. Hear from community members - men, women and children just like you - who are making a difference every-day through volunteering and speaking out.**

### HCWC '04 Volunteer Award Recipients



Each year, HCWC honors volunteers who go above and beyond in their service to local victims of violence and abuse. These volunteers represent the entire HCWC Advocate Team with their spirit and dedication to volunteering in positions, such as the 24-hour HELpline, HEARTeam, Board of Directors and Parenting Program, as well as coordinating fundraisers to benefit HCWC. Congratulations to Carol Ruiz, Janice Eaton, Brian Gibson, Elizabeth White and Christy Williams pictured with Annual Meeting guest speaker (center) Jonnie Wilson.

### STUDENTS TAKING ACTION FOR RESPECT

STARs (Students Taking Action for Respect) is a statewide program of the Texas Association Against Sexual Assault that trains youth to facilitate presentations and class discussions on topics, such as peer sexual harassment, healthy relationships and personal boundaries. Locally, the STARs program is supported by community sponsors, volunteers and the HCWC Educational Safety Program. Hear from youth in our community about what they are doing to end violence.

**I feel that it is important to educate other youth about unwanted sexual contact so that they would know how to react to sexual harassment.**  
*Steven Fuentes, San Marcos High School Junior*

**I started coming to STAR's (Students Taking Action for Respect) because Johnathon (Casa Esperanza Youth Program Coordinator & STARs Sponsor) asked me if I would be interested and I just gave it a shot and now I'm happy because not only am I helping other people about Gender Respect I'm also helping myself. I'm learning things that I never knew about. STARs program is a good program- it's helpful.**

*Victoria Lopez,  
San Marcos High School Freshman*

### Sexual Assault:

#### Let's Talk



**Sgt. Penny Dunn**  
*San Marcos Police Department  
Criminal Investigation Division*

I believe the greatest difficulty we face at this time is an educated public on the reality of sexual assault. The public, including potential jurors, believe that sexual assaults are committed by big, ugly, hairy strangers. As you are well aware, most sexual assaults are committed by an acquaintance. We still fight the old ideas about victim actions, including behavior and dress. Police investigators struggle with these issues and watch in frustration and disgust when offenders are acquitted because the victim was initially uncooperative with the investigation (a normal response to a traumatic event), or the victim had been drinking with the suspect, or the victim is unable to describe specific events (due to intoxication, drug use or as a defensive response to the trauma).

The current challenge across the country is to educate the public so that we have educated jurors. This challenge has to be addressed by advocates, counselors, police officers, prosecutors, judges, and other community members in some type of public forum.



Chance Juarez and fellow Hays High STARs students organized a candlelight vigil to recognize victims of sexual assault. The vigil, held at Buda City Park on April 28th, helped raise awareness of sexual assault in our local community. Chance is pictured here with Renee Perez, HCWC's Sexual Assault Prevention Education Coordinator. **Way to go students!**

# HCWC HAPPENINGS

**HCWC Advocate Training  
Summer Series  
Free!!**

**June 7, 9, 11, 14, 16, 18, 21, 22, 23  
HCWC Counseling & Resource Center  
San Marcos**

**Equip yourself with the skills you need to respond to victims of child abuse, family violence and sexual assault & abuse. Topics include: HCWC: Then & Now, Dynamics of Child Abuse, Family Violence and Sexual Assault & Abuse, Advocacy & Crisis Intervention, Boundaries & Values, Legal Resources, Survivor & Offender Profiles and more!**

**Be sure to join us for our 21st Annual Auction Oceans of Fun May 21st!**

**Caldwell County Family Violence Task Force  
4th Annual Conference on Family Violence  
Thursday, October 14th  
\$20 Registration  
First Lockhart Baptist Church  
Lockhart**

**Join us for an exciting day of speakers, discussion and cutting-edge information on family violence, its impact and response & prevention tools. Attendees also enjoy a catered lunch with the registration fee.**

**Call HCWC at 512.396.3404 for details on these events.**

## HCWC Membership Application

- Check Here** if renewing membership
  - Sponsor . . . . \$15
  - Friend . . . . \$25
  - Contributor . . \$50
  - Sustainer . . \$100
- Contributions are tax deductible to the extent allowed by law.

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Email \_\_\_\_\_

- I would like the Volunteer Coordinator to contact me.

*Please clip and mail to:*

**HCWC. P. O. Box 234  
San Marcos, TX 78667**

## HCWC Client Wish List

Tylenol and Motrin for children & infants, allergy medication for children & adults, new thermometers with covers, cold and flu medication for children & adults, new hair brushes, diapers size 4 & 5, baby wipes, small-size bottles of baby lotion, healthy after-school snacks, insulated lunch boxes, group snacks (non-perishable) and drinks, children's art supplies, Wal-Mart or HEB gift cards for low-income clients in crisis, blank videotapes to use during forensic video interviews of children who are suspected of being abused

To donate, contact the Donation Center Manager at 512.396.3404 ext 238. Please call ahead and arrange a drop-off time, so we may have someone available to help process your donation.

## Hays-Caldwell Women's Center Mission Statement

The purpose of the Hays-Caldwell Women's Center is to create an environment where violence and abuse are not tolerated in the communities we serve. The Center will provide education, violence prevention services and crisis intervention to victims of family violence, sexual assault and child abuse. We will seek the support and resources necessary to achieve this mission.

hwc@corridor.net  
www.hwc.org  
Our Twenty-Seventh Year  
Spring 2005

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P.O. Box 234, San Marcos, TX 78667  
512-396-3404 (Office)  
512-396-4357  
24-Hour Helpline  
If you're out of the calling area, call 1-800-700-4292.

**Hays-Caldwell Women's Center**  
Protection, advocacy and education  
for men, women and children

*The Networker*

Non-Profit Org.  
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Zip Code 78666

## Volunteer Classifieds

**HELpline Advocate** Are you a good listener? Answer calls from your own home on our 24-hour crisis and information line.

**Speakers Bureau** Share your personal experience as a survivor with others or make presentations in the community on behalf of HCWC.

**Board Member** Get involved in the local movement to end violence and abuse by joining our Board of Directors!

**Educational Safety Program** If working with youth is your niche, then ESP needs you! Help with violence prevention and empowerment activities!

**HEARTeam Advocate** Provide on-call support to recent victims of sexual assault and domestic violence at the hospital.

**Childcare Volunteer** Provide support for children while their parents are in individual and/or group counseling sessions.

**Receptionist** If you have a friendly personality, help us greet clients, transfer telephone calls and answer general information questions.

**Auction Volunteer** Help with decorating, set-up & clean-up, serving food, clearing tables and more!

**Parenting Program Co-Facilitator** Guide children through a 10-week curriculum of empowerment while their parents attend a parenting group. This unique experience helps develop self-esteem, nurturing relationships and more!

**To volunteer, register for Advocate Training or learn more about these and other positions, please call the Volunteer & Public Education Coordinator at 512-396-3404 ext 241. If you missed the February series, Advocate Training will be held again in June & September of 2005.**