

We usually think of children when we think of child abuse. But children grow up, and child abuse can leave lifelong effects. This story is by a man abused as a child who made for himself what seemed to others a successful life, using “skills” learned through abuse, but not addressing the effects of his childhood experience until middle age. Childhood abuse affected not only his own life, but the lives of his parents, spouse and child as well. Today he speaks out to help those who had no one to help them when they were children being abused. When children didn’t tell, when there were no assessment centers like Juliette’s House or its partner agencies working towards intervening and preventing child abuse, no programs like the Juliette’s House Safe Kids Program to teach kids it’s okay to say no and to tell when you are being hurt. Juliette’s House offers support, help and hope to abused children and their families, so that today’s victims of child abuse won’t have to wait a lifetime to find their way back.



Read G. Harris: Finding My Way Back

Reprinted with permission of Read G. Harris and Prevent Child Abuse Ohio (PCAO), the prevention arm of the Center for Child and Family Advocacy located on the campus of Nationwide Children’s Hospital, from the PCAO Summer 2008 Newsletter.

“I stand up here alone, but I represent the hundreds like me,” starts child abuse survivor, Read Harris, addressing several hundred PCAO members at its annual conference held in April. “My story is not unique. What I’m experiencing is just like dozens, hundreds of thousands of others. I don’t own this on my own.”

Harris’ stepfather started sexually abusing the now 50-year old retired army Major when he was a boy of eight. The abuse lasted for four years or until Harris says “he grew too big” for his stepfather to continue. The constant abuse affected Harris’ every move. “I became hyper vigilant,” he recalls. He rarely slept; one ear listening for his stepfather’s approaching footsteps. When he did sleep, he’d curl up into himself beneath his parents’ bed, sleeping right below his attacker, aware if his stepfather rolled over or woke in the night.

“The mental gymnastics” were exhausting. Harris spent “tons of energy scanning the environment.” He lived in a constant state of terror, trusting no one, fearing one. “You relax and it could kill you. You relax and he could find you,” he says.

“You don’t feel very smart. If you were, how come you can’t get ahead of this guy? This translated into my adult life. I did OK, but not as well as I could have. I felt lucky with whatever I got. I didn’t feel like I earned it.” His grades suffered. Relationships fell away. “I never allowed myself to be present.”

He graduated from Wittenberg University and entered the military. Harris eventually became a hostage negotiator, a career where his ability to remove himself emotionally from charged situations worked to his advantage. “I was cool as a cucumber. I never allowed myself to process.” He moved through his life without connecting with others in a meaningful way.

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

National Child Abuse Prevention Month began in 1983 as part of a Presidential proclamation to raise awareness of the alarming rate at which children were being abused and neglected. This month of awareness has since become an annual event reaffirmed by each succeeding President.

Juliette's House Child Abuse Assessment Center has enlisted partner agencies and concerned citizens throughout Yamhill County to display "Pinwheels for Prevention" during the month of April to create awareness of the need to prevent child abuse and neglect.

Because every child deserves to grow up in a healthy, safe, nurturing environment

Because child abuse and neglect causes psychological, emotional and physical harm which can create lifelong problems for victims of abuse

Because child abuse and neglect impacts our entire society and our society's future

Because parents, families and communities can help reduce child abuse and neglect by recognizing that prevention starts with each of us.

pinwheels
for
Prevention



Pinwheels, A Happy Symbol of Childhood,
Will Be Placed All Around Yamhill County Throughout
April To Promote Awareness of the Need to
Prevent Child Abuse and Neglect.

"Pinwheels For Prevention" Kick Off

Thursday, April 2, 2009

12:15 pm to 12:45 pm

Yamhill County Courthouse Plaza

Please Join These Community Partners in Supporting This Prevention Project
With a Pinwheel Display During April.

Contact Juliette's House to Order Your Pinwheel.

Juliette's House	Yamhill County Circuit Court (Presiding Judge)	Yamhill County Commissioners	District Attorney's Office
Commission on Children and Families	District Attorney's Office	Yamhill County Sheriff's Office	City of Lafayette
Yamhill County Family & Youth Programs		McMinnville School District	Newberg School District
Yamhill-Carlton School District	Amity School District	Willamina School District	Sheridan School District
Grand Ronde School District	McMinnville Police Department	Newberg Police Department	Carlton Police Department
Amity Police Department	Yamhill Police Department	Perrydale School District	Chehalem Youth & Family Services
Yamhill County CASA (Court Appointed Special Advocates)		Carlton Together Cares	West Valley Medical Center
Head Start of Yamhill County	Providence Newberg Medical Center		Rainbow Family Services

“My ex-wife,” he starts, “stayed with me longer than she should have.” The two would argue and Harris would mentally disappear, something he’d been doing since he was eight, his only defense to deal with the pain of abuse. “I’d be standing right in front of her,” he recalls, “a look would pass over my eyes and she’d know I’d checked out.”

He didn’t realize he was living with symptoms of post-traumatic stress disorder (PTSD), a condition most associated with veterans returning from a war zone. He’d lived through his war. It took place in his childhood home.

PTSD is an emotional illness that develops as a result of a terribly frightening, life threatening or highly unsafe experience. Complex PTSD results from prolonged exposure to a traumatic event or series of events and is characterized by long-lasting problems with many aspects of emotional and social functioning. Harris’ PTSD manifested itself as an obsessive-compulsive disorder. “That was my way of knowing my environment.” Anything out of place indicated that something was wrong. “This is how you build your life, your life rituals, when you go untreated.”

An emotional stressor unlocked memories Harris had successfully kept hidden for years. One day, while living and working on a military base in Hawaii, images, smells and sounds flooded his mind. “It was like that scene from *A Beautiful Mind* when the pictures kept coming,” he explains. Image after image after image. He walked into the office of the base doctor and admitted he needed help. “It was bad. It was bad,” he explains.

Group therapy. Individual therapy. Hypnosis. Recovery took a lot of work. “I knew where I was going (in therapy), and this was not where I wanted to go. But I knew instinctively that’s where I needed to go. I learned to trust because I need to.”

Harris’ family chose not to join him in therapy. He was angry, at first. “I had to take my own journey,” he says, forgiving his mother for what he considered her denial of the ongoing abuse. He understood after therapy that his mother was also a victim. Her guilt over her inaction eventually led to her admission into a mental health facility. “We’re OK now,” he says of his family. “We’ve had some good talks.” His stepfather, whom his mother eventually divorced, died of cancer before Harris could confront him.

“I still have those triggers, but they’re different now. They don’t have the same control. I have grief, but that’s OK,” Harris says. “I’ve been able to recapture the relationship with my own child. Our spirit’s fine. Our mind’s fine.”

Today, Harris talks about his abuse and recovery to help others. “I realized I had a problem and I had somewhere to go.” His greatest desire is for our country’s leadership to protect children and help those adults who weren’t fortunate enough to have a system or structure in place to help them.

“I’m a dad. I’m a son. I’m a brother. I’m an athlete. Abuse as a child doesn’t define me and it doesn’t devastate me anymore.”



Thankyouverymuch

The Oregon Community Foundation recently conducted a survey of local non-profit organizations. Most reported that donations have decreased as demand for services has increased. Juliette’s House is happy to report that we have not seen a decrease in giving. Supporters donated in many ways to our “Celebrate The Children” auction in October, and we received wonderful support in year-end giving. Take a look at page 5 -- donations during December and January were strong. You gave money, time and energy, special gifts, and supported our work in many creative and resourceful ways.

The OCF survey also found that many non-profits are seeing smaller, individual gifts. We love small individual gifts. Anything you give helps, and anything you give makes you part of our response to child abuse. Small gifts add up into one big chance to provide the services needed and keep our doors open. And non-cash gifts are as important as donations of money. Whatever contribution you make, we need you and we thank you. Very much.

Juliette's House kicks off National Child Abuse Prevention Month in April each year with a Safe Kids Fair – community partners getting together to give kids and their parents tips on how to keep kids safe through fun activities, games, and giveaways.

Local agencies, service clubs, businesses, individuals and volunteers all put forth a big effort to make the Safe Kids Fair a great way for families to spend a few Saturday hours having fun and learning how to stay safe.

Please join us from 11:00 to 3:00 here at Juliette's House on Saturday, April 4, 2009. Rain or shine. (Usually rain...)

Juliette's House Eleventh Annual Safe Kids Fair

SATURDAY, APRIL 4, 2009
11:00 am to 3:00 pm

Juliette's House
1075 SW Cedarwood Avenue
McMinnville, OR 97128

All Activities and Information **FREE**

Hot Dogs 50¢ Juice 25¢ Chips 25¢

Safety Rodeo
Bring Your Bike, Scooter or Skateboard
Free Helmets (Supply Limited)

Fire Safety

Beanie Baby Ring Toss

Search and Rescue Dogs

Petting Zoo

What If I Am Lost? Teddy Bear Giveaway

Putt-Putt Golf

Face Painting

Animal Safety

Marimba Fun

Hands & Words Are Not For Hurting

Sheriff's Mounted Posse

Child Fingerprinting

Dragsters

No Bullies

Plant a Seed

Information and Activities on Child Abuse Awareness and Prevention



Rain or Shine

PRESENTED BY

Juliette's House
Child Abuse
Assessment Center

McMinnville Police
Department

McMinnville Fire
Department

Yamhill County
Sheriff's Office

Many Local Businesses
and Dedicated Volunteers

McMinnville
Noon Kiwanis



And Other Community Partners

Fun Games, Activities,
Prizes, Giveaways AND MORE...

FOR INFORMATION
503-435-1550
francine@julietteshouse.com

"Celebrate The Children"

Juliette's House 15th Annual Auction
Saturday Evening October 17, 2009
McMinnville Grand Ballroom
Catered by Fresh Palate Café

Save The Date...

Our Board of Directors

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Please direct questions, comments, suggestions, to:

Juliette's House Child Abuse Assessment Center
1075 SW Cedarwood Avenue, McMinnville, OR 97128
Phone: 503-435-1550 Fax: 503-435-1435
Email: julietteshouse@julietteshouse.com
Website: www.julietteshouse.com

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OR BE REMOVED FROM OUR MAILING LIST**

Paul Barber 1924 — 2007	Mike Brott 1937 — 2007	Harriet Miller 1931 — 2008
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Grants

The Juliette D. & Paul A. Barber Fund of
 The Oregon Community Foundation—\$10,000

Memorials and Recognitions

Cindy Bansen in Honor of Dora Bansen
 Dora Bansen in Honor of Roger & Becky Bellerive
 Roger & Becky Bellerive in Honor of Dora Bansen
 Teachers & Staff of Sue Buel Elementary School
 in Honor of Dr. Deborah Weiner
 Oz & Shirley Crenshaw in Memory of
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 in Honor of the McMinnville School Board
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 Catherine Rooth in Memory of Mike Brott
 Jim & Debbie Smith in Memory of Caylee Anthony
 Gloria Sublet in Honor of Pat Harding
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In Memory of Harriet Miller

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 Marilyn Crouser
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 Gloria Lutz
 Eleanor Macy
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 Roz & Bernie Turner
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 Gary & Sally Williams
 Joyce & Robert Wolcott
 Donovan & Joan Wright

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 Hagan Hamilton Insurance Services
 Amy Hamilton, Community Corrections
 Bonnie Hawks
 Lee Howard
 Larry Kurtz
 Les Schwab Tire Center McMinnville
 McMinnville Noon Kiwanis Club
 PEO Chapter DO
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 Susie Peterson
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 Ramsby Tree Farm
 Radical Rubies Salon, Lisha Rhoades &
 The Radical Rubies Girls
 Mike and Julie Ramsby
 Second Opinion, Telemedicine Solutions
 Mark Siegel, Delphian School
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 Nathan Waldal, Age 7
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 Yamhill County Community Corrections

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 Miller Technologies— Stuart & Shannon Miller



Our Dedicated Volunteers and Interns

Dan Bernards, Lighting Maintenance
 Stephanie Cammack, General Office
 Roger Hall, Landscape Maintenance
 Jo Jarvis, Housekeeping
 Carole Joa, Laundry & Awareness
 Larry Kurtz, Transcription & Data Entry
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 Cami Shelton, General Office
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 Jenny, George Fox - Family Support Team
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 Kady, Linfield—General Volunteer

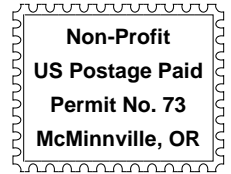
We Dream of Simple Things...



- ✓ Individually Packaged Juice Bags, Crackers, Popcorn, Cookies, Fruit Rollups, Etc.
- ✓ Grocery Store Gift Cards in Small Amounts to Purchase Fresh Fruit, Etc. for the Kids
- ✓ Diapers and Pullups
- ✓ Disinfectant Wipes
- ✓ Recent DVDs for Small Ones and Also for Older Kids and Teens
- ✓ Easy Board Games for Young Kids / Scented Markers
- ✓ "D" Ring Binders — 2" or 3" (used in good condition is fine)
- ✓ White Multipurpose 2" x 4" labels for the Safe Kids Program
- ✓ Postage Stamps / Reams of 20 lb paper (white or pastels)



Juliette's House
Child Abuse Assessment Center
1075 SW Cedarwood Avenue
McMinnville, Oregon 97128



RETURN SERVICES REQUESTED

March 2009 — In This Issue...

Eleventh Annual Safe Kids Fair — April 4, 2009

"Pinwheels for Prevention" During April, Child Abuse Prevention Month

Finding My Way Back — by Read G. Harris

"The solution of adult problems tomorrow depends in large measure upon the way our children grow up today. There is no greater insight into the future than recognizing that, when we save children, we save ourselves."

— Margaret Mead



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