

## Our Youngest Clients

*On any given day, many of the residents of our Emergency Shelter are children who escaped a violent situation with a parent. Our Children's Advocate, Paula Allen, explains the services CODA provides for each child.*

Domestic violence witnessed by children can leave a vast and lasting effect on any given aspect of their life. Emotional, physical, developmental, and behavior issues can stem from living in a house where domestic violence has occurred.

Emotionally, children can become irritable, angry, sad, anxious, fearful, and self-conscious. They can feel guilt, isolation, depression, and separation issues. Possible physical issues include bedwetting, stomach problems, ulcers, headaches, and eating disorders. Developmentally, they can have poor verbal skills, poor motor skills, and poor cognitive skills. Their grades may suffer and they may even drop out of school.

Additionally, witnessing or being the victim of violence can cause a child to startle easily, cry excessively, whine, cling, act out, act aggressively, become verbally abusive, and have trouble making and keeping friends. Later in life they can self-harm, become bullies, become violent, steal, lie, turn to criminal behavior, and possibly exhibit violence in their own dating lives.

When a child enters into CODA's emergency shelter, we do an intake and needs assessment to try to get an idea of what exactly they have experienced and what their needs may be. At CODA, we make sure every child of legal school age is enrolled in school and set up with transportation through the School Corporation.

If the child needs counseling or therapy, we refer them to FSA Counseling Center, the Hamilton Center, or Healthy Beginnings. Those in need of child care are directed to CASY or Ryves Hall for free childcare and after-school programs. We can refer children who need a learning environment and more social interaction to Head Start or Early Head Start. If there is a developmental

delay, we can refer younger children to Healthy Beginning and older children to Covered Bridge. We also work with The Children's Bureau, which offers them a community liaison to find services and support once they leave the shelter.

As the Children's Advocate, I lead groups with the children during their stay at the shelter. These groups serve multiple purposes and can be extremely beneficial for a child's social growth and healing. Groups allow me to get a better feel for who the children are and what needs they may have. A group can be anything I do with the children, from a craft or outside play, to music or a story, or even a field trip.



During group sessions, I have the opportunity to observe the children interacting and make note of any developmental delays or social issues I see that are worthy of discussion with the group, parents, or individual children. One-on-one groups are a great way to talk with the kids. To them we may just be playing a game of Chutes and Ladders, but on my end I may be finding out why school isn't going so well or why they are scared to

visit with their parent.

A field trip may give them an opportunity to do something brand new and fun that they have never experienced. It's priceless to see their eyes light up as a parade float passes by or as they're running around a farm and getting lost in a corn maze. The child may not have had the chance to sit down and play a game with mom or toss a football back and forth with dad because of other things going on in the home.

The most rewarding part of groups for me is giving them a chance to just be a kid. I love to see them laugh and smile while they learn something new, get messy in paint, or watch me make a fool of myself singing and dancing.

24-Hour  
Crisis  
Line

800-  
566-  
2632

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To learn more about domestic violence and CODA's services,  
visit [www.codaterrehaute.org](http://www.codaterrehaute.org).

## Thank You For Brightening the Holidays For Our Residents

Thanks to wonderful support from the community, our residents were able to enjoy a lovely holiday party and receive a number of generous gifts. We are extremely grateful to everyone who donated in any way. Special thanks to **Books-A-Million** for conducting a month-long donation drive that collected 1,031 items valued at a total of over \$6,000!

## Wish List

- Our greatest needs right now are for **clothing for boys and men, towels, shampoo, and conditioner.**
- If you can help by donating any of these items, please call our office at 812-234-3441. Thank you!

## Spotlight On Our Services

- In 2014, over 200 individuals took shelter with CODA, at an average of 28 people per month. 47% of those residents were children.
- In the last five years, there has been an 800% increase in the number of referrals made by CODA's legal advocates in our courthouse office. Last year over 1,000 individuals were assisted.

Thank you so much to the **Clara Fairbanks Foundation** for their generous grant that allows us to share our news with you through this newsletter and other printed materials.



**Attention, all cooks!** CODA is publishing a cookbook this spring, and we need your help to fill it with yummy recipes. All you have to do is visit [www.typensave.com](http://www.typensave.com), log in (username: **CODATH**; password: **apple266**), and follow the guidelines.

Please submit your recipes by **April 1**. We'll use as many of your submissions as space will allow. Thanks for helping us to make this fundraiser a success!

## Calendar of Events

**February  
2015**

### **Teen Dating Violence Awareness Month**

Throughout the month, we're visiting local schools to talk about healthy, abuse-free relationships.

**May 10  
2015**

### **Mother's Day Brunch**

*Terre Haute Masonic Temple*

Treat your mom to a delicious meal prepared by chefs Kris Kraut and Jordan Bayles, with all proceeds supporting CODA. Watch [www.codaterrehaute.org](http://www.codaterrehaute.org) and [www.facebook.com/coda.terrehaute](http://www.facebook.com/coda.terrehaute) for details!

**October 17  
2015**

### **Monte Carlo Masquerade**

*Indiana Theatre, Terre Haute*

Casino-style gaming, dancing, and more -- mark your calendar for the best Halloween party in town!

To be removed from our mailing list, or to receive an electronic version instead, please contact us at 812-234-3441 or [codadirector@codaterrehaute.org](mailto:codadirector@codaterrehaute.org).