



Gratitude EDITION

BECAUSE OF YOU, THERE'S ALWAYS ENOUGH ROOM AT THE TABLE FOR LOCAL FAMILIES

Around the clock service for 40 years doesn't happen alone or by one person. It takes a community of committed employees, volunteers, businesses, civic agencies, and friends to ensure that families are able to live in safety, free from abuse 24/7/365. There isn't room to list all of our awesome friends in this newsletter, but know you are making a difference and we see you!

Stepping Stones wouldn't be

able to serve families today if it weren't for YOU - our community and friends who partner with us, jump in to help out, donate items to the thrift store, and provide support - whether its \$5 or \$5,000. You have helped families move toward freedom from abuse.

We are so grateful for you, and we know that it's because of YOU that we can continue to serve now and for the next 40 years!



MIRANDA'S STORY: THE LAST TIME IT HAPPENED WAS ENOUGH



Stepping Stones advocates are available to speak one-on-one in person, over the phone, or online via Zoom with anyone experiencing abuse in West Yavapai County. Call our helpline at 928-445-4673 to talk today.

"I didn't have an abusive relationship until this person. When I look back on all I learned at Stepping Stones, I'm like 'wow!' there were so many warning signs, and I just had no idea."

When Miranda* met her boyfriend, he had just got out of prison for domestic violence, but to her, he didn't seem violent at all. For the first two years, she helped take care of his kids and life was great. But later, the tables turned when he started doing drugs and he became abusive.

"I was just convinced it was the meth. We're going to get him to quit and it's gonna be ok. But it just got worse and worse."

His abuse started as yelling, screaming, and put downs. She felt that if she yelled back, it would only get worse, so she would just sit and "take it" from him. Then, he also started physically assaulting her.

"It was so random and terrifying. The last time it happened was just enough." She called her probation officer for help because she had started using drugs, too, and they helped get her to a sober living home.

But, he found out where she was and began showing up. ***"The cops kept getting called. I was afraid, and the women I lived with were too."*** That's when she came to Stepping Stones.

When she first came in, her advocate was warm and welcoming. ***"Talking to someone who has been through it, they understand and they get it...why I didn't leave and why it was so hard to leave. The support was the best part about being there because I didn't have that before. I think I was too afraid to ask for it."***

* name changed; continued on page 2



Stepping Stones Agencies
2651 N. Industrial Way, Suite A
Prescott Valley, AZ 86314 • 928.772.4184

24/7/365 Advocacy, Emergency Shelter, and
Support Programs • www.SteppingStonesAZ.org

**24-HOUR HELPLINE:
928.445.HOPE**

MIRANDA'S STORY: IT DOES GET BETTER

continued from page 1

During her first weeks at shelter, she began realizing how bad the last couple years of her life really were. She began learning in the educational support groups about behaviors such as gaslighting and narcissism. The groups “broke it down for me and put it into terms that I’m not crazy.” While she was at Stepping Stones, the harassment from him continued. She was grateful to have the advocates support in working with law enforcement

every time she had to call. *“It was really challenging, but I think the only reason I got through it was because of Stepping Stones. I would have given up on calling in the harassment. I wouldn’t have been able to do it without somebody there to talk me through it.”* Legal advocacy support was a key part of Miranda’s time at Stepping Stones. From appointments with lawyers to speaking with police, Stepping Stones advocate Erika was there. “She would sit there and talk

with me. I get really nervous and forget to ask questions. Because of that support, I’m finally getting justice for everything.”

“You’re going to go through the hard stuff to get to the good.”

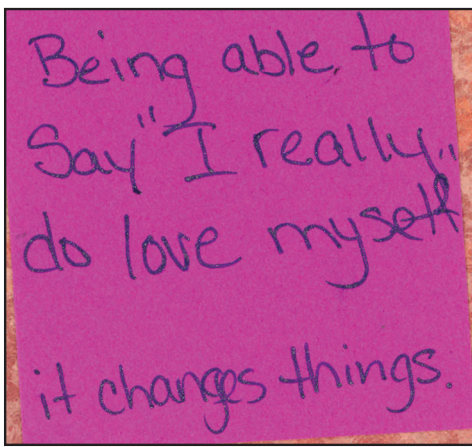
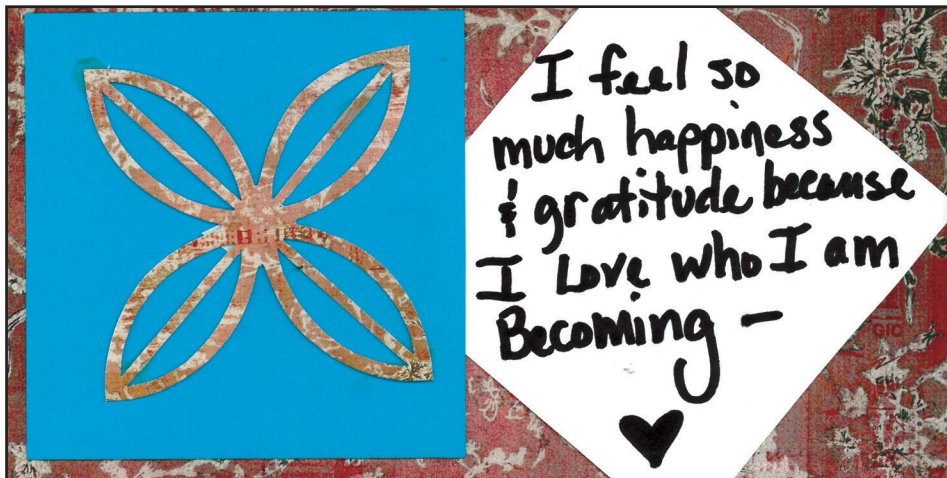
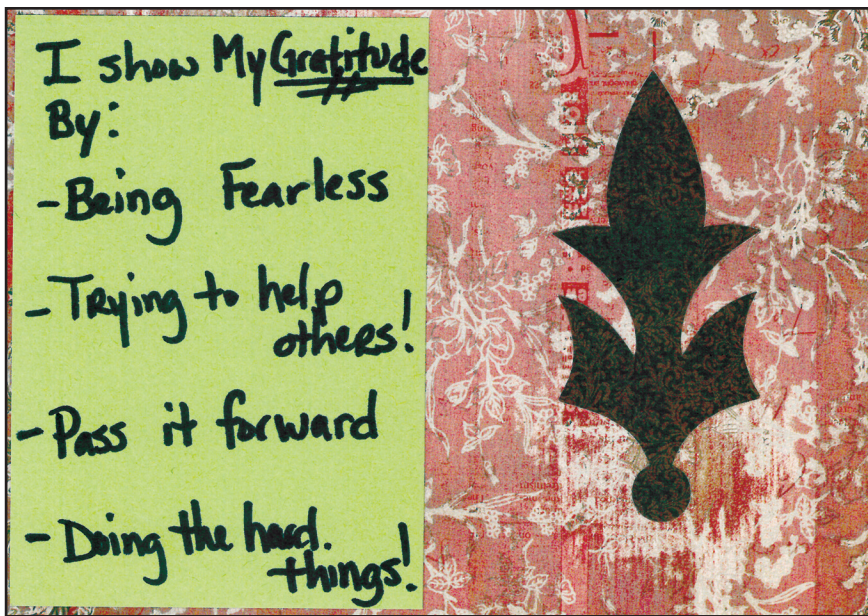
Now living in a transition apartment at Stepping Stones, Miranda is grateful that her future looks different. “I’ve always been a very codependent person, now I’m happily single

and doing things on my own, living independently. I’ve learned how to do more ‘adult’ things like getting a social security card. I have money saved up; I’ve never done that before. I’m really looking forward to the fact that I’ve grown up a lot.” Miranda’s advice to others who are living in abuse like hers: It does get better. ***“You’re going to go through the hard stuff to get to the good. I wouldn’t be who I am today. I’m so different from who I was ten months ago.”***

NOTES OF GRATITUDE FROM SHELTER RESIDENTS

What are you thankful for? How are you showing gratitude during this season? 2020 has been a challenging year in many ways, but it has also provided opportunity to grow - finding the good when things seem hopeless, showing kindness

when surrounded by frustration and fear, and showing gratitude for simple things like health, safety, and second chances. Take a look at a few things families living in our safe shelter are grateful for right now!



SUPPORT LOCAL FAMILIES WITH A CHARITABLE TAX CREDIT

DONATE ONLINE AT: [STEPPINGSTONESAZ.ORG/DONATE](https://steppingstonesaz.org/donate)

**OR FILL OUT & MAIL WITH DONATION TO:
STEPPING STONES AGENCIES 2651 N. INDUSTRIAL WAY, STE A
PRESCOTT VALLEY, AZ 86314**

I am excited to support families in our community by donating:

- | | |
|-----------------------------------------------------------|--------------------------------|
| <input type="checkbox"/> \$400 tax credit (filing single) | <input type="checkbox"/> \$100 |
| <input type="checkbox"/> \$800 tax credit (filing joint) | <input type="checkbox"/> \$50 |
| <input type="checkbox"/> Other: _____ | |

I would like my donation to go directly to the following service:

- | | |
|-----------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Children's Program | <input type="checkbox"/> Wherever Needed Most |
| <input type="checkbox"/> Emergency Shelter | <input type="checkbox"/> 24/7 Helpline |
| <input type="checkbox"/> Transitional Housing | |

Please send acknowledgment & tax receipt to:

Name: _____

E-mail: _____

Mailing Address: _____

City/State/Zip: _____

Questions? Call Alexis at 928.772.4184 or visit
www.SteppingStonesAZ.org/donate

What does it mean to give a 2020 Qualifying Charitable Organization Tax Credit donation to Stepping Stones? *It means families are able to find freedom from all forms of abuse right here in our community.*

Arizona offers a dollar-for-dollar tax credit on your AZ state return by making

a donation to a qualified charitable organization of any amount (up to \$400 filing single or \$800 filing joint). When you claim the credit, you will reduce your tax liability or increase the amount you receive in a refund. You do not have to itemize to receive this credit!

EASY AS 1-2-3!

- 1. CHOOSE TO KEEP YOUR TAX DOLLARS LOCAL WITH A DONATION UP TO \$800 TO STEPPING STONES BY APRIL 15, 2021.**
- 2. KEEP YOUR DONATION RECEIPT LETTER FROM US & FILE FORM 321 WITH YOUR ARIZONA STATE TAXES.**
- 3. RECEIVE A DOLLAR-FOR-DOLLAR TAX CREDIT!**

Please check with your tax professional for information regarding donations. Stepping Stones' official Qualifying Charitable Tax Credit code from the State of Arizona is: 20034.

SO FAR IN 2020...

At Stepping Stones, women, men, and children work hard to find freedom from all forms of abuse. Because of you, our advocates are available 24/7/365 to support families receiving services. Check out a few statistics and outcomes that we've seen so far in 2020 (January 1 - September 30, 2020):



1,086
Helpline
crisis and
referral calls
answered



80%
receiving
services
experienced
some type of
abuse as a child



Average
number of
relationships: **5**

Average
number of
abusive
relationships: **3**

*What does this tell us?
It highlights that underlying trauma
or behaviors may be keeping
someone vulnerable to abuse.*

151
adults &
children
received
face-to-face
services



Advocates
provided over
4,910
hours of
face-to-face
advocacy
services
including
educational
support groups

OUTCOMES

Upon completing services with our advocates, adults anonymously reported:



- 100%** said they have an increased knowledge of domestic violence and its effect on their life
- 100%** felt they are (re)gaining control of their life
- 98%** said their safety has improved, even after leaving the program
- 100%** said their child has acquired skills that will enable them to stay safe
- 100%** said they have increased knowledge and understanding of violence, abuse, and neglect's effect on their child's life
- 100%** said their child demonstrates improved emotional/behavioral status during their time at SSA

TAKE THE FIRST STEP: MAKE THE CALL

Since 1980, Stepping Stones has provided 24/7/365 advocacy services, including safe shelter, for adults and children affected by all forms of intimate partner violence.

But before the hard work and real change can come, you have to take the first step and make the call to our "live" helpline

to talk to an advocate. It can be scary to take that first step, but it's important to remember - you don't have to be right AND you don't have to have all the answers. **You just have to call - 928.445.4673.** Follow our FAQs below to learn more about what happens when you call!

24/7/365 "LIVE" HELPLINE AND SERVICES FAQs

Who can call the helpline?

Any adult can call and talk to our advocates. Gender or type of relationship doesn't matter, we're here to help. You don't have to be "right" or have all the answers - just call and talk to us.

What happens when I call?

When you call, you'll get an advocate right away - no answering machines or waiting for a call back. We are ALWAYS available - day or night.

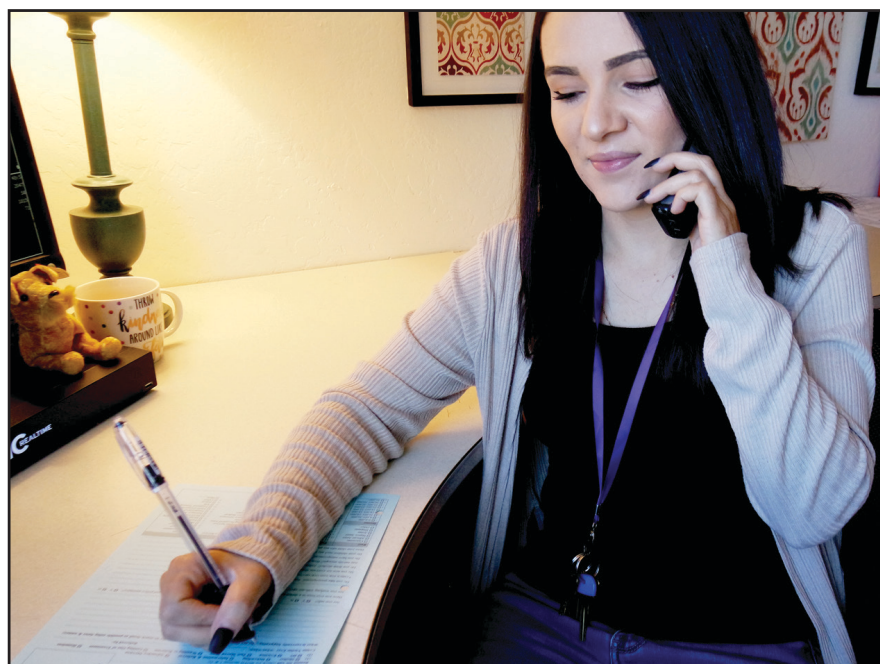
Here's a quick peek at what happens:

1. Call our 24/7/365 "live" helpline - **928.445.HOPE (445.4673).**
2. Let our advocate know what you're calling about. Share a little of your story. They'll listen and ask questions.
3. The advocate will let you know what resources we have available to help, as well as other resources in our community that they can refer you to for support.
4. Finally, the choice is yours - make a decision about what support you need, and begin to do the hard work to move forward toward a life free from abuse.

What services are available at SSA?

If you are unsafe because of domestic violence, we have our emergency shelter available. If you are able to live in a safe place, you can utilize all of our other services including: one-on-one debriefing, safety planning, educational support groups, and legal advocacy support, such as orders of protection. All of this includes taking an honest self-inventory to identify areas that may be keeping you vulnerable to abuse. Our team will help you with this!

All of these services (except shelter) are available in both Prescott and Prescott Valley. Call the Helpline to make an appointment or visit SteppingStonesAZ.org to learn more.



Advocate answering the 24/7/365 Helpline. Call 928-445-4673 today.

SHOP LOCAL • DONATE LOCAL • SERVE LOCAL

MORE THAN SECOND-HAND SHOPPING: SOCIAL ENTERPRISES PROVIDE JOB TRAINING FOR THE FUTURE



Stepping Stones Thrift Store customers find unique treasures to add to their collection, a perfect accent for their home, or a great new outfit inside our stores. But our thrift stores are so much more than a great place to find second-hand items. The thrift stores also serve as a place for adults to gain paid on-the-job training. Adults who come to Stepping Stones to receive advocacy services, or others who may need a second chance, have opportunities to gain work experience. After 40 years of serving local families, we know that it can be tough to get back into the job market if you have little or no experience. Our Employment Enhancement Opportunity Program (EEOP) serves adults who are ready to work and learn new skills through our social enterprises.

EEOP training includes growing in the following areas:

- Excellent customer service
- Point of Sale transactions and reporting
- Merchandising best practices
- Understanding and communicating Stepping Stones' service information to customers
- Opening and closing procedures
- Proper safety and lifting
- Forklift/Scissor Lift operations
- Box truck operation

When someone graduates EEOP, they will have gained a variety of skills that they can use in the future at another job. Additionally, they have gained work history that will help them find employment in the future. You can support EEOP and local families working hard to find freedom from all forms of abuse by shopping at and donating to our thrift stores. Because of you, advocates are available 24/7/365!



Stepping Stones thrift stores in Prescott and Prescott Valley have a variety of clothing, furniture, kitchen and housewares, and more!

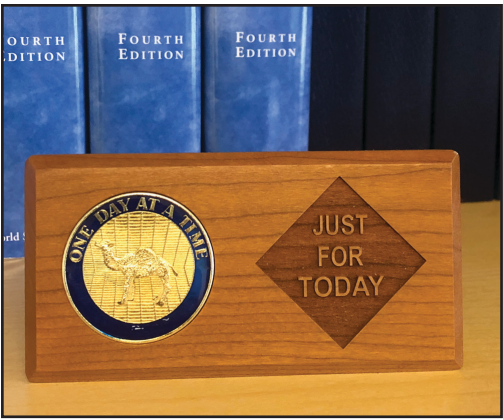


VISIT OUR TWO HUGE THRIFT STORE LOCATIONS!

CALL US TO PICK UP FURNITURE: 759.0225
Mon - Thurs 9 am - 4 pm • Schedule can be up to two weeks out

PRESCOTT	PRESCOTT VALLEY
Stepping Stones Thrift 408 W. Goodwin (in Park Plaza center) 928.776.3010	Stepping Stones Thrift PV 2651 N. Industrial Way 928.499.3206
STORE HOURS: Tues - Sat 9 am - 5 pm	DONATION DROP OFFS: Tues - Sat 9 am - 4 pm

GRATEFUL FOR SUPPORT: 12-STEP RECOVERY RESOURCES



12-step recovery is all about supportive fellowship. From regular meetings to checking in with a sponsor to celebrating birthdays, it's important to stay connected to work on sobriety. One way we are able to support this goal is through our recovery bookstore in Prescott Valley. Our bookstore has a large variety of medallions, books, mugs, t-shirts, inspirational gifts, and more! And, we can place special orders for you. Call Suzi at 928.772.4184 to learn more about our selection or place a special order. Open Mon - Thurs 9 am - 4 pm located in Stepping Stones Administration Offices at 2651 N. Industrial Way, Suite A in Prescott Valley.

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Stepping Stones Agencies prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, genetic information, gender identity, sexual orientation, and disability. Stepping Stones must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, Stepping Stones Agencies must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Stepping Stones Agencies will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy please contact: Cori Burke at 928.772.4184. Para obtener este documento en otro formato o obtener información adicional sobre esta política, por favor llama a Cori Burke, 928.772.4184.