

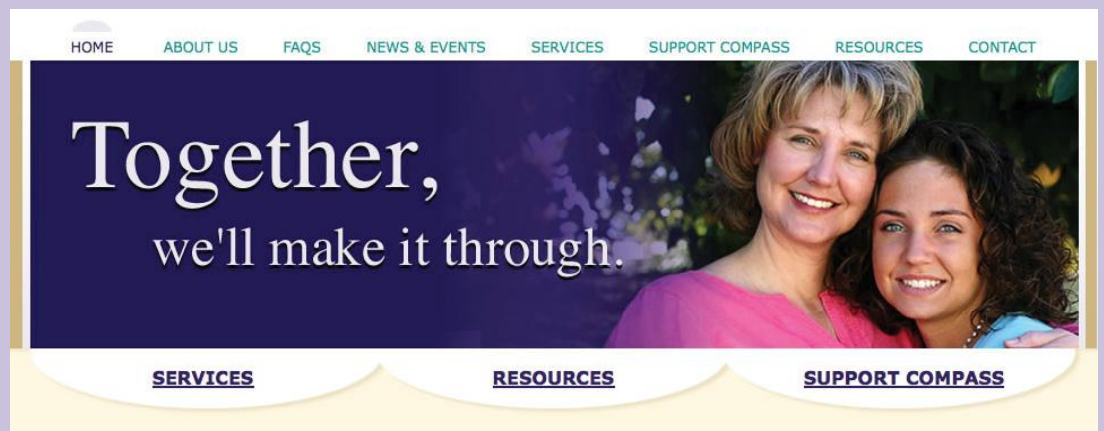


## COMPASS TO LAUNCH NEW WEB SITE IN JANUARY

We are very proud to announce the upcoming launch of our new Web site in January. This dynamic resource will add another dimension to our ability to provide awareness, support and information to the public.

The new site will feature an up-to-date look and feel with an easy to use site map. Some of the new features include the ability to:

1. donate on-line;
2. find answers to frequently asked questions;
3. stay informed on up-coming events;
4. and access resources and information with the click of a mouse.



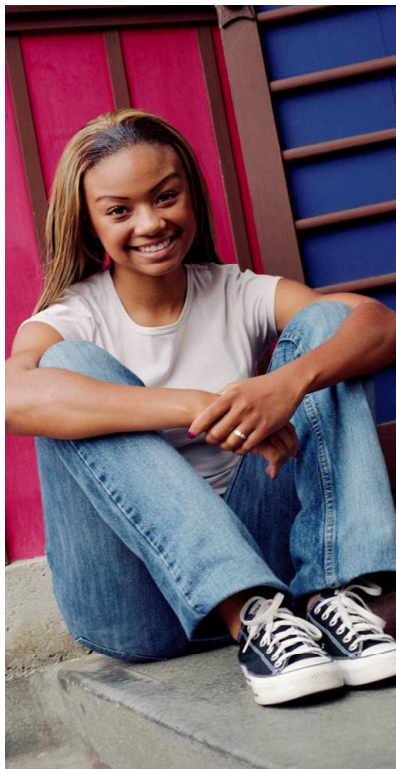
Please stay tuned for more information on the site launch and the wonderful information we will be able to relay with this new tool.

*Molly*  
Molly MacMath  
Director  
COMPASS, Inc.

# WHAT IS COMPASS?

Compass provides education, prevention and support to sexual assault survivors and the community. The following services are available through COMPASS:

- 24 hour hotline staffed by trained volunteers
- Hospital, police and court advocacy
- Assistance in filing for Protection Orders for victims of sexual assault, domestic violence and/or stalking
- Teen education on healthy relationships, sexual harassment, technology safety and sexual assault
- Training to businesses, agencies, public groups and individuals
- Victims of crime application assistance
- Support group activities.



# HAPPY Holidays

## RASPBERRY THUMBPRINT COOKIES

Recipe by Betty Crocker®

1 pouch (1 lb 1.5 oz) Betty Crocker® sugar cookie mix

1/2 cup butter or margarine, softened

1 egg

3 tablespoons Gold Medal® all-purpose flour

1/3 cup seedless raspberry jam

1 cup white vanilla baking chips

Red or green sugar, if desired

1. Heat oven to 375°F. In large bowl, stir cookie mix, butter, egg and flour until dough forms.

2. Roll dough into 3/4-inch balls; place 2-inches apart on ungreased cookie sheet. Using thumb or handle of wooden spoon, make indentation in center of each cookie. Spoon about 1/4 teaspoon jam into each indentation.

3. Bake 8 to 10 minutes or until edges are light golden brown. Cool 5 minutes; remove from cookie sheet to wire rack.

4. In small microwavable bowl, microwave baking chips on High 1 to 2 minutes or until chips are melted; stir until smooth. Spoon melted chips into small resealable plastic bag; cut small hole in corner of bag. Squeeze bag gently to drizzle melted chips over cookies. Sprinkle with colored sugar.



## TARGETING TEENS MAKES AN IMPACT

COMPASS receives funding from the Sexual Assault and Domestic Violence Prevention Program through the Ohio Department of Health/VAWA to provide youth in Tuscarawas and Carroll Counties with prevention education. The need for this program becomes clear when we look at recent statistics regarding teen dating violence (physical, emotional and sexual abuse). It has been reported that one (1) in three (3) teenagers is affected by dating violence, and according to the Bureau of Justice Statistics, young women ages 16 to 24 years experience the highest rates of relationship violence. Therefore, by targeting teens, our program is laying the foundation for healthier relationships.

Using a curriculum developed within the agency, COMPASS focuses its sexual violence prevention programs on topics such as sexual harassment, gender stereotypes, healthy relationships, cyber bullying, and media culture. During the 2009-2010 school year, COMPASS was able to educate over 3,800 students in our local middle schools and high schools.

# Managing Holiday Stress

by *Kavin Black* on November 24, 2010  
Posted in: *CALCASA.Leadership*

Through your life you may have experienced many different types of stress; an eminent deadline, loss of a loved one, public speaking or coming together with family and friends during the holidays. The American Psychological Association (APA) conducted a survey that indicated that women are more likely than men to report heightened levels of stress during the holidays, and less likely to relax and take care of themselves.

So it is imperative that people take appropriate steps to address the stress that they may experience during the holidays. The APA recommends the following tips to help reduce holiday stress and increase resilience:

**Define holiday stress**—How do you experience stress? Does that experience change during the holidays? Different people experience stress differently. How do you know when you are stressed?

**Identify holiday stressors**—What holiday events or situations trigger stressful feelings? Are they related to work, home, relationships or something else?

**Recognize how you deal with stress**—Determine if you are relying on unhealthy behaviors like smoking or eating to manage stress. Is this a behavior you rely on year-round, or is it specific to holiday stress?

**Change one behavior at a time**—Unhealthy behaviors develop over the course of time. Replacing unhealthy behaviors with healthy ones requires time. Start small and focus on changing one behavior.

**Take care of yourself**—Taking care of yourself during the holiday season helps to keep your mind and body primed to deal with stress. Pay attention to your own needs and feelings. Engage in holiday activities that you enjoy and find relaxing. Exercise regularly. Eat healthy. Make sure you get enough rest and sleep.

**Ask for support**—Accepting help from those who care about you and will listen to you strengthens your resilience and ability to manage stress. Use the holidays as a time to reconnect with friends and family and strengthen your support network. If you feel overwhelmed by stress, then consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies to help you manage stress, change unhealthy behaviors and address emotional issues.

For more tips on **managing holiday stress** go to:

American Psychological Association

Holiday Season Stress

Family Guide – Managing Holiday Stress

Cleveland Clinic

## Would you like to become a volunteer for COMPASS?

Volunteers are needed to staff our 24-hour crisis hotline, which provides immediate support and information to sexual assault victims. Crisis hotline volunteers receive comprehensive training and will receive a volunteer reference manual. Crisis line volunteers can use a pager provided by COMPASS or use their personal cell phone for crisis calls. Crisis hotline volunteers also serve as hospital advocates. Area hospitals contact COMPASS when they are treating a sexual assault victim in their emergency rooms. Hospital advocates provide support and information to the survivor at the hospital. Volunteers also may be asked to accompany a victim to a law enforcement agency as an advocate. The purpose of the volunteer advocate is to offer support, accurate information and referral services for those affected by sexual violence.

COMPASS also does community awareness activities, such as health fairs, speaking engagements and school functions. Volunteers also may be asked to assist with these events.

Although COMPASS cannot compensate volunteers with dollars, there are many benefits to becoming a volunteer:

- education and awareness about sexual assault and related crimes and how it effects individuals
- experience in working with a diverse group
- group discussions about sensitive and confidential issues
- meeting new people and locating county resources
- recognition for a job well done
- time can be used on resumes and applications for jobs or enrolling in schools
- the opportunity to make a difference in the lives of others

If you are interested in volunteering, please contact the Volunteer Coordinator at COMPASS, Ronda Phillips, at 330-339-2504 or email [advocate@compassrapecrisis.org](mailto:advocate@compassrapecrisis.org).



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*Federal crime victims will be served.*

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## VINE

# Victim Information and Notification Everyday

VINE allows crime victims, their families and other concerned citizens to obtain timely, reliable information about the custody and case status of offenders.

### HOW IT WORKS:

- VINE provides victims with information about the booking and release of offenders housed in county jails and state prisons at no cost, over the phone or Internet.
- Crime victims and the general public access the information by simply making a telephone call or accessing the Web at [www.vinelink.com](http://www.vinelink.com), any time of the day or night.
- Victims can inquire whether an offender is held in jail, as well as the facility's location.
- Users can register to be notified immediately of a change in the offender's status, such as release, transfer or escape.
- When a notification is triggered, VINE automatically calls the number or numbers the victim has provided.
- Calls continue for a designated period of time or until the victim enters a four-digit PIN.
- Vine supports multiple languages.
- Ohio VINE: 1-800-770-0192

