



I'm All Ears

Volume 1, Issue 2

Fall 2001

Upcoming Events at The Listening Ear

- Training Orientations 7:00-9:30 pm on October 22, 24, and 25 at Berkey Hall MSU Campus. Orientation on October 27 at 1:00-3:30 pm at the Sparrow Hospital Professional Building in Lansing.
- Fazoli's (On South Cedar) Fundraiser for The Ear's Sexual Assault Counseling Program October 24 from 4-8pm.
- Halloween Benefit at Spiral Dance/Video Bar, October 31.
- New Volunteer Training November 8-18.

Call 337-1728 for more information about any of the above events!



You Mean I Don't Have To Be a Crisis Counselor?

You have valuable gifts and talents you can share with the Listening Ear. For many of us, becoming a crisis counselor may seem unappealing, time-consuming or just plain daunting. But there are other ways you can support and take an active role in keeping the Listening Ear an important part of the mid-Michigan community.

Become a Non-Crisis Volunteer

Non-Crisis Volunteers (or NCVs as we affectionately refer to them) help out in numerous ways. Some NCVs volunteer a set amount of time in the office each week. Others only come in as needed (such as to help prepare a newsletter mailing.) Tasks include assisting staff to keep our Resource and Referral listings up-to-date, writing and editing, basic office work and of course, envelope-stuffing. Contact Sean through our business line at (517) 337-1728 or email theear@msu.edu to sign-up.

Become a Committee Member

The Listening Ear currently has several working groups that would love community members including, Public Relations, Fundraising, Technology, and Home (Building Maintenance and Long-term Planning). Do you have skills or life-experience from which the Ear might benefit? Contact Amy Cairns (the Board Chair) or Sean (the Office Manager) at (517) 337-1728 for more information.

Become a Board Member

The Listening Ear Board of Directors currently has two community seats open. We are especially interested in individuals with experience/expertise in Public Relations or Finance/Accounting. The Board generally meets the first Monday of every month from 6:30 – 8:00 PM. Board members serve for two years. For more information, including a complete description of the position and its responsibilities (as well as its joys), contact Board Chair Amy Cairns through the business line (517) 337-1728 or at gilmorecairns@hotmail.com.

The Listening Ear is the oldest all-volunteer crisis intervention center in the US. We have long relied on the kindness and hard work of community members like you to keep our services available free of charge to all who seek them. If you are able to be of service in one of these ways, please contact us today. Thank You.



Listening Ear Board Chair Amy Cairns, her partner Kim Hauze, and their son Tighe Hauze at Bob's Run 2001

Bob's Run 2001

In the early morning hours of Sunday, June 24th, a shot rang out over misty Albert Street and 295 runners and walkers set out to conquer their 5K stretch in support of the Listening Ear Crisis Intervention Center. The early-rising athletes were cheered on by the approximately 100 volunteers who lined the streets of the course providing direction and moral support.

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Wish List for The Ear

- Office Supplies
- Volunteers
- Automatic Letter Folder
- Art—posters and pictures
- Couches
- Binding Machine
- Laminator
- Office Furniture-Filing Cabinets etc.

Items need to be in good condition. We are a 501(c)3 agency. Any and all donations are tax-deductible as allowed by law. Receipts are willingly provided. To make a donation, please contact our Office Manager, Sean, at 337-1728.

Tell 'em the Ear Sent You!

In addition to your direct financial support there are many other ways to help The Listening Ear. Currently The Listening Ear participates in the Affinity Phone service program and the iGive.com shopping service.

The Affinity phone service offers an opportunity to help support The Listening Ear by doing something most people do on a daily basis—talking on the phone. When you switch your long-distance service to Affinity and designate The Listening Ear as your affiliate charity, The Listening Ear receives 5% percent of your monthly phone bill. Plus, you save money—Affinity Long Distance rates are very competitive. The Listening Ear uses Affinity Long Distance and has been very happy with

their service and rates. This is one way you can help us listen to thousands of people in crisis each year.

Signing up for Affinity is simple. Call 1-800-670-0008 to sign up and remember to tell them you want 5% of your bill to go to The Listening Ear.

Another way you can effortlessly support The Listening Ear is by doing your on-line shopping through iGive.com. The next time you buy something on-line go to iGive.com's website at www.igive.com register yourself, select The Listening Ear as your charity of choice, and shop away. Depending on which merchant you decide to shop from The Listening Ear will get a percentage of your purchase price.

Spread the word

about these easy and helpful ways to help support The Listening Ear! Of course, you can always send us a donation in the mail, check out the Coupon for Caring below—or wait until you receive November Fundraising letter in the mail.

Affinity Long Distance:
(800) 670-0008
iGive.com Shopping:
www.iGive.com

Coupon for Caring

Please return to: The Listening Ear, 1017 E Grand River Ave, East Lansing MI 48823

It is only through the financial support of people like you that the Listening Ear is able to provide help to thousands of people each year. Become a Listening Aide now with a minimum donation of \$10 per month or a one time donation of \$100.

I would like to support The Listening Ear with a gift in the amount of :

Name: _____ \$25 \$50 \$75

Address: _____
 City: _____ \$100 Other
 State: _____ Zip: _____

Phone # _____ I want to become a

Check Credit Card
 (One time charge__ or Charge me monthly__)
 Credit Card Number: _____

Exp. Date _____ VISA/MC
 Signature: _____
 donating \$10.00 each month to be charged to my credit card or by donating \$100 today.

“Denial Is...”

In July, our Sexual Assault Counseling program (SAC) held a fundraiser at Fazoli’s restaurant in Lansing. It was frustrating to see the number of people who turned away from our card table of brochures and green ribbons. One mother pulled her children close, as if we might infect them. A pair of boys cracked jokes. While some people were very supportive, many others simply ignored us.

This kind of denial is not uncommon. In the case of rape, it’s often easier to shut our eyes and look away than to acknowledge the horror – and the frequency – of this crime. Denial is a defense mechanism.

Denial is the mother who tells her twelve-year-old daughter that she must have been asking for it when a six-foot high school senior pulled her into his car and raped her. Denial is the man who says the same thing about every newspaper article and television story about rape: “Maybe it wasn’t rape. After all, we don’t know *his* side of the story.” Denial is the college administrator who proudly proclaims that rape isn’t a problem on *his* campus.

It’s the boy who breaks up with his girlfriend because she must have deserved it, the girl who assumes that her friend is merely “crying rape” to get back at her ex-, and the family who welcomes the abusive uncle back for Christmas dinner and expects a seven-year-old boy to “forgive” the time when

his uncle snuck into his room to fondle him.

As SAC counselors, we encounter these stories quite frequently. When we hear about a mother who did believe her daughter, or a boyfriend who called the Ear because he wanted to know how to help his girlfriend who was recently raped, it’s practically a cause for celebration.

Denial is a very basic way for people to protect themselves. Acknowledging the reality of rape – especially when it happens to somebody you know and love – is agonizing. Consider a few statistics...

- From the time you wake up until the time you go to bed, between four hundred and five hundred more women will be raped in this country.

- One in three women will be raped in their lifetimes. Consider your mother, your wife or girlfriend, your daughter, your sister, your aunt... how many of them are survivors of rape?

- Half of all rape survivors were assaulted before the age of eighteen. One in six were raped before their twelfth birthday.

These aren’t things we like to think about. How can we even function in the face of that kind of helplessness? Our society doesn’t give us many tools to cope with emotional trauma. For many, the only way to deal with a problem that affects more than five-thousand men, women, and children every week is to turn away.

Unfortunately, turning our backs is precisely what allows rape to continue. Nobody *wants* to think about rape, but given the statistics, sooner or later rape affects all of us. The question then becomes: *What can I do to support this person while at the*

same time taking care of myself?

Here are a few handling suggestions if somebody you know tells you that they have been raped.

1. **Believe them.**

According to the FBI, only 2% of rape cases turn out to be false. The media tends to focus attention on false reports, but the truth is, they are very rare.

2. **Don’t try to fix them.** It can be frightening to let somebody grieve, rage, or cry, especially when it’s someone you care about. There is no “normal” reaction to rape, but intense emotions are not uncommon. It’s not your job to make them feel better.

3. **Don’t tell them what they “should” do.**

They may not want to go to the hospital. They may not want to talk to the police. The pressure to come up with solutions can be great, but it’s better to give people space to make their own decisions. Rape is a crime that rips control away from the victim. If we tell somebody what to do, we take away their chance to regain control of their life.

4. **Be aware of your own feelings.** You may feel angry, helpless, sad, or overwhelmed by what you hear. It’s okay to feel these things, and sometimes it can even be helpful for a survivor to hear that *you’re* angry about what happened to them. Call the Listening Ear if you need to process your own reactions – SAC works with friends and family members as well as rape survivors. Listening to a loved one talk about rape is traumatic, and you deserve support too.

5. **Finally, some-**

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Interested in supporting “I’m All Ears”?

Your small advertisement could do just that!

Contact the Listening Ear’s business office at (517)337-1728 for information regarding sponsorship and advertising. You can reach out to the community, over 1, 500 Listening Ear supporters and enable the Ear to continue reaching out as well.

“69% of all people who are raped know their assailant, vs. 54% for victims of all violent crimes”
1999 National Crime Victimization Survey

The Listening Ear has provided crisis intervention services to Mid-Michigan since July 15, 1969.

"More people kill themselves than are killed by others."

John L. McIntosh, Ph.D.,
Professor of Psychology,
Indiana University
South Bend

Over 30,000 people committed suicide in the United States in 1998. Over 900 of those suicides happened here in Michigan.
Source: 2000 National Vital Statistics Report

The Listening Ear would like to thank the thousands of volunteers who have dedicated their time and energy to our cause over the past 32 years.

Dealing With Trauma & Taking Care of Yourself

The events of September 11th were shocking, horrifying and overwhelming. While many in the nation are urging us all to "get back to normal" that may be easier said than done. It is important to take the time we need as individuals and as a community to deal with the feelings that the attack inspired. Some of us have been directly affected by the loss of loved ones (or their narrow escape). Others now worry for those who may be called into service in the military or who are perceived to work in "higher risk" professions, such as airline personnel. All of us have been affected by the deeply moving images we have seen on our televisions and the stories that pervade the media and internet.

Common reactions include feeling afraid, sad, helpless, angry, confused, emotionally numb or disoriented. Be sure to take some time to take care of yourself and encourage those around you to do likewise. Some suggestions are:

- Journal or write about your state of mind, the emotions the attacks have brought up and how you are feeling today. You might also try painting, drawing, or other forms of art to express yourself.
- Tell those important to you how much you care for them and what qualities you particularly enjoy. Make time to spend with these people.
- Try to return to everyday

routines. Familiar habits can be very comforting.

- Take time to grieve and cry if needed. In the long run, it is far better to let your feelings out than try to push them away or hide them.
- Get plenty of rest. Allow yourself time to go to bed early or sleep in. Sleep is a wonderful healer.
- Drink plenty of water and try to eat in a healthy manner. By giving your body the nutrients and water it needs, you allow yourself to absorb and heal the physical aspects of stress more easily.
- Take a break from the news. Turn off the television, radio and internet for a day. It is not necessary for you to know every detail at all times. When you feel able, the news will still be there.
- Exercise as you are able. Exercise, particularly aerobic activity like walking, can help your body "burn off" nervous tension. At the same time, be careful not to overdo and pace yourself comfortably.
- Talk to others about how you are feeling. If friends and family do not wish to listen or discuss as much as you would like, you can always call the Listening Ear at (517) 337-1717 to talk about your feelings or you may turn to a clergy member or

therapist.

Some individuals may have a more difficult time coping with the attack and its implications. Most of us may experience some of the symptoms listed below, as they are a natural response to trauma. If your symptoms are still strong after three months, you may be experiencing Post Traumatic Stress Disorder. You may want to seek the help of a professional counselor as PTSD can be a serious and even life-threatening disorder. Symptoms to pay attention to include:

- Changes in eating or sleeping patterns. Some people may be unable to eat or sleep. Others may not be able to stop.
- Nightmares or flashbacks of the experience.
- Not being able to put aside the terrible images and memories.

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*Each year
Listening Ear
volunteers
talk to over
300 people
considering
suicide.*

(Continued from page 4)

- Not being able to feel.
- Depression, and the inability to take joy in life.
- Rage (Rage can be a sane response to what happened, but crippling or self destructive rage, or anger directed at the wrong targets, such as Arab people or Muslims, can be a symptom.)
- Increased use of drugs or alcohol for self-medication.
- Fear, anxiety, panic attacks and phobias.
- Guilt, regret, and self blame. "Survivor's guilt"
- Overwhelming grief.
- Inability to function normally, to plan or make decisions, or to carry out normal life activities.
- Shame.
- Suicidal thoughts and feelings.

Special thanks to Miriam Simos, M.A. and the National Center for Post Traumatic Stress Disorder (<http://www.ncptsd.org>)

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thing you might try is offering them the option to call SAC or another rape crisis service.

It may be that none of these suggestions are helpful. You may feel too overwhelmed to even talk about rape. You may not want to believe what you're hearing. If you find yourself questioning their story, try to examine where your disbelief is coming from. Is the story really that unbelievable, or is it that you don't *want* to believe it? If you aren't in an emotional space to listen, it's better to simply set a boundary and say you're unable to help right now. You might suggest they call the Listening Ear instead.

We often feel guilty for not being able to help someone else, but it's important to remember that we can't take care of others if we don't take care of ourselves, too.

(Continued from page 1)

The race, affectionately termed Bob's Run, has seen three successful years and plans are already in the works for next year's race. Louise Forsythe, a current community board member at the Listening Ear, has given a special dedication to the run, serving as the coordinator of the immense project. The run is held in memory of her late husband Bob Forsythe, a former Board member and crisis volunteer at the Listening Ear. The event brings friends and community members together annually to reconnect and enjoy time with each other, while paying tribute to the time, energy, and dedication that Bob gave to our organization.

This year's run was a tremendous success, raising over \$10,000 for our crisis center. The overall finisher was Jason Matthews of East Lansing with a career best time of 16:10. Michelle Kitze

Thank You to the sponsors of Bob's Run 2001!

Jackson National Life Insurance Company ■ Two Men and A Truck ■ Marilyn Viera, D.O. ■ Mary C. Fairgrieve, ACSW ■ APCaptial, Inc. ■ Forest Pharmaceuticals ■ MSU Credit Union ■ Law Offices of White, Schneider, Baird, Young & Chiodini ■ Kroger-Saginaw Highway ■ Prudential Securities ■ Ingham Regional Medical Center ■ The State News ■ Classic Wines ■ Employees of CEI Community Mental Health ■ Nena O. Bondarenko, Realtor ■ Rehmann Robson, CPA's & Consultants ■ City of East Lansing ■ Helen Schneiderman and Daniel Vivian ■ Evergreen Grill ■ Foods for Living ■ Dr. George Meluch, Chiropractor ■ Kilwin's Chocolates and Ice Cream ■ Chester's Nuts ■ Saper Galleries ■ Pacesetter Mortgage Company ■ Michigan Pain Management Specialists ■ Spotted Dog Café ■ Starbucks Coffee ■ MSU School of Social Work ■ Alliance Obstetrics & Gynecology ■ Meridian Screen Printing and Design ■ Okemos Osteopathic Center, PLC ■ Richard Coelho, Ph. D. ■ Old Kent Bank ■ Okemos Optometry, P.C. ■ Grove Street 7-11 ■ East Lansing Food Co-Op ■ Mary Ann Olson, Certified Financial Planner ■ Patient Resource Consultants, Inc. ■ Stamp Works ■ Grand River Counseling Center ■ Law Office of Julie H. Reincke

*Bob's Run
2001
volunteers
cheer
runners
and
walkers
onto the
finish line.*



of Kettering, Ohio was the top female finisher with a time of 17:34, just 23 seconds off her personal record. Top finishers in the Masters Division (over age 40) were Steve Arch of Okemos with a time of 16:28 and Ian McMorran of Royal Oak with a time of 16:35. Last, but certainly not least, the unofficial award for the youngest finisher goes to Tighe Hauze, who at 11 weeks old finished his first 5K race---with a little help from his moms, of course!

Thank you again to all race participants, sponsors, and volunteers! We hope to see you again in 2002!

The Listening Ear
1017 East Grand River Ave
East Lansing, MI 48823

Crisis Line: 517-337-1717
Business Line: 517-337-1728
E-mail: theear@msu.edu

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We're on the Web!
www.thelisteningear.net



“SOMETIMES THE MOST IMPORTANT THINGS ARE THE HARDEST TO SAY. SOMETIMES IT HURTS TOO MUCH NOT TO TALK. THAT’S THE WORST, WHEN THE SECRET STAYS LOCKED UP FOR WANT OF AN UNDERSTANDING EAR.”

–LISTENING EAR STAFF

Board Members

Community Members

Amy Cairns (Chair)
Chris Evans (Secretary)
Louise Forsythe
Lou Hekhuis
Karla Kube

Staff Members

Nicole Ramp
Rebecca Zader
Lydia Krousouloudis
Amy Burandt
Sean Kennedy
James Peterson

Staff:

Sean Kennedy
Office Manager

And over 50 volunteer
crisis counselors.

*The Listening Ear Crisis
Intervention Center extends
our thanks to the community,
individuals, and businesses
that allow us to continue to
serve as a helpful, supportive
presence to those in need.*