

# Offering HOPE Inspiring CHANGE

Domestic Abuse Project Summer 2015 Newsletter

## Ben and the Protection Potion

Stories of Healing

A dash of *red paint* to represent *fifteen hearts*



A handful of *sand* for *safety*



A teaspoon of *glitter* for *extra lives*



A squirt of *yellow paint* for *happiness*



*Bubbles* for the ability to *breathe underwater* (just in case)



All signs of a boy made *whole* again.

When Ben's mother told him he would not be coming to DAP anymore, he was confused. He loved coming and playing with all the different toys in the play rooms, and he liked talking with his therapist, Leah. Who would Leah play with when he left? How would he know she would not forget about him?

More than anything, Ben was worried Leah would miss him too much. So he created a protection potion to make sure she would be okay when he left—that way she would always have something to remember him by.

On Ben's last day of play therapy, he took a mason jar off one of the shelves and dumped out the contents. Then, he collected the items that he needed for his protection potion and added them to the jar one by one. As he poured some yellow paint into the jar, he told Leah, "this is happiness, so that you can always feel happy." He added red paint to represent fifteen hearts, "in case you ever need a new heart, you'll have fifteen

extra ones" he said. He added bubbles so that Leah could have the ability to breathe underwater, glitter to represent extra lives, and finally, sand for safety. He gave his potion to Leah and told her that he wanted her to always keep it on her desk so he knew she would be protected when he could no longer come to DAP.

For Leah, Ben's potion illustrated Ben's healing process. Through play therapy, child clients learn how to work through their trauma by using toys to represent their reality. Ben's protection potion signified the trust that he had developed with Leah. And this trust is key—healthy attachment to a supportive adult is an important step in a child's healing from domestic abuse. Therapists work to create that relationship with their clients and then help them transfer that relationship to an adult in the child's life other than themselves. Ben didn't add anything to his potion to symbolize it, but his potion was a true sign of the growth and healing he achieved through DAP.



Leah still remembers Ben every day with the Protection Potion on her desk

At the end of their session, Leah told Ben that he would always be in her heart, and that his potion would always stay on that special spot on her desk. Today, the mason jar and its contents do continue to sit on Leah's desk, protecting her from harm.

### In this Issue

DAP's New Executive Director shares her vision for the future.

See the numbers: how your support makes the difference.

Save the date for our annual luncheon.

## DAP Board of Directors

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Executive Director,  
Domestic Abuse Project

## Our New Executive Director Celebrates Six Months at DAP

In case you missed the news, DAP has added a new Executive Director to our ranks! At the beginning of 2015 Sarah Clyne became the third executive director in DAP's history. Sarah comes to us from Joyce Preschool where she served as Executive Director for four years. She is also a member of Mayor Betsy Hodges' Cradle-to-K cabinet, which works to eliminate disparities for children in the City of Minneapolis from before birth until three years of age. Sarah has a strong background in education and working with children in

the K-12 public schools, and she brings this passion with her to DAP.

*"I was attracted to DAP's unique holistic approach—that we have therapy for everyone in the family. When you think about the cycles of violence, it's really important to address the needs of everyone who is affected, and DAP does that. I wanted to be part of an organization that looks at abuse from a unique perspective and helps the whole family heal."*



*DAP's Executive Director Sarah Clyne shares: "We are well positioned to continue to broaden and strengthen our innovative programs through strategic partnerships and our proactive response to community need, as we have since our founding in 1979."*

## Sarah's Vision for the Future

Sarah brings to DAP the leadership to continue and grow our programs, as well as some fresh ideas going forward. Throughout her time as Executive Director, Sarah hopes to elevate the unique work that we do here at DAP by creating relationships and collaborating with other similar organizations. By partnering with other organizations, we will be able to fill gaps in the resources available to our clients and continue to strengthen and improve all of our services. Some of Sarah's specific short-term goals include growing our case management services, building upon the culturally specific groups we can offer, and adding services for children ages 0-3 to our youth services program. By continuing to draw attention to domestic violence, DAP can do what it has done for the past 36 years: drive transformation of individuals and communities and create environments free of domestic abuse.

# 3,996

Total clients served this year

Because of your support:



**317** new clients entered our men's program to begin learning how to not use abuse



**168** women joined our Therapy program to begin healing from abuse  
**2964** women sought crisis intervention services from our advocates



**72** new clients joined our youth services program to begin learning that abuse is not their fault



**780**

clients received information on filing an Order for Protection



**58**

male veterans and service members engaged in our CHANGE STEP therapy program



DAP Advocates made

**6255**

phone calls following up with victims of domestic abuse



domestic abuse project

D A P

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# SAVE THE DATE

 **TRANSFORMING FAMILIES**  
Annual Luncheon to Benefit Domestic Abuse Project

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# OCTOBER 13, 2015

## Help DAP Transform Families!

Join us in honoring the victims of domestic abuse and supporting those working to end it. Attend DAP's Annual Fundraising Luncheon on Tuesday, October 13th. To RSVP for the luncheon, go to [www.domesticabuseproject.org](http://www.domesticabuseproject.org). Please direct questions about the luncheon to Anna Zaros at [azaros@mndap.org](mailto:azaros@mndap.org) or 612-874-7063 x207.

## Be a Table Captain!

DAP is still looking for Table Captains for our luncheon fundraiser. Table Captains invite their circle of friends, colleagues, and family to fill their table of ten. Without captains, DAP could not make its fundraising goal each year. If you are able to support DAP in this very meaningful way, please contact Anna Zaros at [azaros@mndap.org](mailto:azaros@mndap.org) right away.