

## Program Spotlight: Domestic Violence



**BASTA! participants prepare for the 25th District March Against Domestic Violence**

On October 6, 2011, fifteen participants from HAS's BASTA! domestic violence program assembled at the Chicago Police Department's 25th District headquarters to join in a community walk and rally against domestic violence. The event, which drew walkers from throughout the city, was designed to draw attention to domestic violence as a community-level issue, to honor its victims, and to give hope to its survivors—all goals shared by the domestic violence programs at HAS.

Every year, the BASTA! program—Spanish for “Enough!”—assists around two hundred survivors of domestic violence. The program offers practical assistance and critical emotional support, and is open to any Spanish- or English-speaking man or woman who has experienced domestic violence. BASTA! staff connect participants with lawyers and other professionals in order to educate them about their rights, including those available under the Violence Against Women Act (VAWA) of 1994. “A lot of our participants don't know they *have* any rights,” notes supervisor Betsy Illingworth. “They don't know they can leave an abusive relationship.”

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—Betsy Illingworth, BASTA! Supervisor

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The program also works to provide survivors with social and emotional support. Illingworth observes that domestic violence is often exacerbated by social isolation, a factor BASTA! works to counteract: its weekly support groups are an important source of connection for attendees. “Some of our participants have never had celebrations for their birthdays, or for holidays like Christmas or Thanksgiving,” says counselor Maria Free. “We give them a chance to do that. They bring food, they stay late—a lot of days they don't want to leave!” Every week, participants discuss topics such as setting boundaries. **Cont. p. 2**

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October is National Domestic Violence Awareness Month



## Manager's Note—Domestic Violence Program

Dear Friends of HAS,

Imagine feeling afraid in your own home. Imagine spending every waking moment on edge, waiting for an inevitable explosion of anger. Imagine your partner—the very person who promised to love, honor, and respect you—ripping up your clothes, abusing your pets, and actively working to turn your children against you.



Betsy Illingworth and Maria Free

This is what domestic violence feels like. Many people think of domestic violence only as physical battering, but in truth it includes physical, emotional, sexual, psychological, and financial abuse. The BASTA! program at HAS provides men and women who have survived domestic violence with counseling, safety planning, legal help, and connections to community agencies for other much-needed services. Together we work to help them escape the violence and begin the healing process.

I am inspired by BASTA! participants every day. To move from “surviving” to “thriving” is no small feat, yet these survivors are doing everything in their power to keep themselves and their children safe and happy. It is an honor to be invited along on their journeys.

Sincerely,

Betsy Illingworth—Manager, BASTA! DV Program

*P.S. I hope the fears described above are impossible for you to imagine. But if you or a loved one are experiencing domestic violence, help is out there. Call us at 773-745-7107, or call the City's Hotline: 1-877-TO-END-DV (877-863-6338).*

## Congratulations & Accomplishments

All substance abuse, mental health, and Medication-Assisted Treatment programs at HAS recently received three-year accreditations from **CARF International**.

Congratulations to **Roberto Montanez**, Illinois Alcohol and Drug Dependence Association (IADDA) **Judy Miller Scholarship** winner.

DV Group Counselor **Benita Crosby** is now an Illinois Alcohol and Other Drug Abuse Professional Certification Association (IAODAPCA) **Certified Alcohol and Drug Counselor**.

Welcome new HAS program supervisors:

**Youth Prevention** Program Supervisor **Adrian Cardona** studied Literature at Yale University and has directed youth programs for the past five years.

**BASTA!** Program Supervisor **Betsy Illingworth** holds a BA from Georgetown University and an MA in Clinical Social Work from the University of Chicago.

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—Betsy Illingworth,  
Manager, DV



PAIP Manager David Schilling

### From p. 1.

Group sessions focus on advocacy, personal safety, and empowerment, and are paired with one-on-one counseling sessions.

They are also often supplemented by HAS programs for issues including postpartum depression and substance abuse. “There’s a huge overlap between our participants and those with substance abuse issues,” Illingworth states. “Having these programs in-house is definitely a bonus.”

BASTA! works in concert with HAS’s CBT-based Partner Abuse Intervention Program (PAIP) for perpetrators. “The number one goal of our program is to prevent violence between intimate partners and within families,” says program manager David

Schilling. PAIP meets state protocols for domestic violence programming and serves around two hundred and fifty individuals every year. A majority of participants are referred by the court or social service system, but Schilling states that many others seek help from PAIP “because they realize they have a problem and want to learn how to be in a relationship without any form of abuse.”

Like BASTA! PAIP is open to both men and women; women currently comprise almost 10 percent of participants. One of the program’s unique strengths, Schilling states, is its gender-balanced approach. In addition to individual counseling, PAIP participants attend group sessions moderated by both a male and a female counselor. Although the programming is gender-specific, as well as bilingual, Schilling states that this approach “allows for subtle gender differences to surface. It makes treatment realistic and provides a real-world environment.”

# Participant Profile: Flor M.

Every day, Flor M. does things she once believed were impossible: sole custodian and provider to two young sons, she supports her family with a full-time job. Two years ago, depressed and trapped in an abusive marriage, Flor would never have believed that she could be so independent.

Flor's husband—a drug user—began hitting her early in the relationship, but the abuse escalated after they married and moved from Mexico to the United States. During their marriage, Flor's husband beat her severely on several occasions and repeatedly threatened to kill her—a threat she believed he intended to carry out. "He made me feel like I was completely alone," she recalls, "like no one would ever help me." Flor's husband told her that he would take the children away if she tried to leave. He told her that she could never support herself, "and that nobody else would ever want me." He told her that her ethnicity as an indigenous Mexican made her worthless, and that no matter how he abused her, "no one would care." Gradually, Flor came to believe him.



Flor M., relaxing with a book

Despite her fears, however, Flor never stopped hoping for a better life for herself and her children. When she saw a domestic violence hotline posted at her son's school, therefore, she made a decision. She called. "I hung up the first time I tried," she remembers. "I was so afraid they wouldn't be able to help me. But I just couldn't take it anymore." The hotline directed Flor to Casa Central, which in turn referred her to HAS.

The first support Flor received here addressed practical issues including custody of her children. Then, once her most immediate concerns had been addressed, Flor was able to begin the process of rebuilding her self-esteem and creating a secure and happy life with her sons. With the support of her counselors and the other participants in her group, she gradually stopped being afraid: "I saw that my husband had just been trying to intimidate me," she says, "and it didn't work anymore."

She also began to understand his verbal abuse for what it was and to see herself as a person of value. "I had to learn that I'm worth something on my own," she states, "with or without a man in my life." As her self-esteem increased, Flor learned more about herself and began to set personal goals. Growing up on a farm in Mexico, Flor had always liked animals. Since she has separated from her husband, that interest has developed into a passion for biology and for science in general. Flor, who now enjoys reading scientific articles to improve her English, hopes to study it formally one day.

Flor and her family are still experiencing the long-term effects of domestic violence, but they are working together and she is confident about their progress. Flor's older son, who witnessed much of the abuse, has behaved aggressively with his brother and with girls at school; Flor is taking him to therapy and states that his behavior is improving. Flor is also learning how to make positive relationship choices herself, and wants other women to know that change is possible for them, too: "I want to tell them not to be afraid, to be strong and courageous enough to find help for themselves and their children. Help is out there; it's definitely possible to change and move forward."

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—Flor M., BASTA!

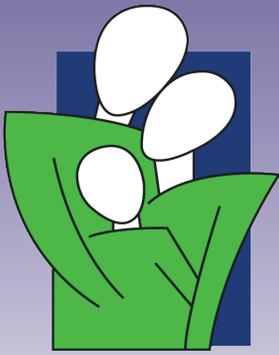
## HAS to Conduct New Organizational Development Initiatives



DePaul University MBA students Arya Ramesh, Patrick Flaherty, Michelle Lee, and Jeshica Baral

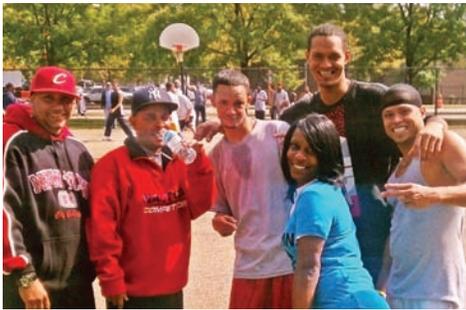
During the 2012 Fiscal Year, HAS will be participating in several new organizational

development initiatives. Thanks to a generous grant from The Chicago Community Trust, HAS will be providing additional training in cognitive-behavioral therapy to clinical staff and implementing an Electronic Health Records (EHR) system. HAS will also be partnering with DePaul University: students in Professor Alyssa Friede Westring's *Managing for Effective and Ethical Organizational Behavior* course will be working with us to complete a strategic plan and analyze our recent employee satisfaction survey.



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# What's NEW



**HAS participants at the Recovery Olympics**  
coached the 3-on-3 basketball team, which took third place. THP resident Edwin Calderon took first place in the event's beanbag toss.

**September 6** HAS participants and staff joined agencies from across the state for the 10th annual Illinois Association of Extended Care (IAEC) Recovery Olympics. The day featured food, entertainment, and contests including dominoes and double-dutch jumprope. HAS's Jose Tovar helped with the barbecue at the event, and Shani Harshbarger

**September 12** Seventy-five golfers from twenty-eight businesses and community organizations came out to support affordable behavioral health care at the fourth annual HAS Golf Outing. The event, held at the Prestwick Country Club in Fankfort, featured eighteen holes of golf; longest drive, hole-in-one, and closest to the pin contests; and a silent auction of items donated by organizations including the Chicago Bears, Cubs, White Sox and Wolves. The day raised over \$32,000, which will be used to extend HAS programming to participants with limited resources.



**Golfers Jim Malles, Levier Barreda, and David Cintron smile for the camera**

## Upcoming Events

### 4th Annual Alumni Event

*October 22, 2011*

Please join us in recognizing participants in recovery. Call (773) 252-3100 ext 227 or go to our website for more information.



### 10th Annual Holiday Giggle

*December 15, 2011*

Come out for an night of comedy courtesy of the Mikey O. Comedy Show. All proceeds benefit HAS and other charities. Call (773) 252-3100 ext. 242 for more information.



### Announcing *Moms Matter*,

our new Postpartum Depression program blog. For information and experiences from new moms, families, and professionals, go to <http://www.hascares.org/has-blogs/moms-matter/>



**About HAS:** Healthcare Alternative Systems, Inc. was established in 1974 as Hispano Alcoholism Services, a non-profit created in response to the critical lack of clinical and social services for Hispanic Americans on Chicago's Near Northwest Side. Over the years, HAS has created a continuum of care for substance abuse patients that includes prevention, outpatient, residential, and transitional services. The agency takes a holistic approach to health and recovery and offers a wide variety of programming addressing family and community issues including domestic violence, postpartum depression, and HIV/AIDS. HAS is a CARF-accredited 501 (c) 3 non-profit organization. It continues to be recognized as Chicago's leading provider of bilingual, culturally sensitive behavioral health care services for Hispanics and has expanded to provide quality services for other culturally and racially diverse populations. HAS accepts most major insurance, and all services are available on a sliding scale.