Domestic violence is by its very nature a housing issue. In using violence, abusers create a context of fear and isolation—usually in the place where victims and their children should feel the safest: their home. For many experiencing domestic violence, including the most vulnerable and those in immediate danger, the only way to escape an abuser is to leave their home. Every survivor’s experience is different, but housing is often a critical factor in being able to escape an abusive partner.

Concerns about their current housing situation or future housing options make it difficult for individuals experiencing domestic violence to leave their partners. Survivors must weigh staying in a home shared with an abusive partner against leaving for another potentially unsafe situation. A lack of housing options which places additional stress on the family related to housing instability. For some, fleeing their abusers means temporarily living in their car, going to a shelter, or bunking with family or friends. Those fleeing domestic violence are more likely to have a problem finding housing because of their urgent circumstances, poor credit, rental and employment histories, and limited financial resources and income.

Domestic violence is a major cause of homelessness—between 60 and 80% of homeless women reporting a history of domestic abuse in their lives. There are numerous barriers to finding and accessing affordable housing, leaving options that are overcrowded, substandard, and/or unsafe. For those recovering from trauma, it is particularly important that they live somewhere they feel safe.

The U.S. Department of Housing and Urban Development (HUD) defines affordable housing as a “dwelling that a household can obtain for 30% or less of its income,” and any housing costs above this percentage are considered “cost burdened”. The National Low-Income Housing Coalition (NLIHC) estimates that a renter would need to earn an hourly wage of $25 (annual salary $52,000) to afford a 2-bedroom home in Virginia ($1,300 per month at HUD Fair Market Value). Locally in Charlottesville, low income renters can expect to earn a wage much lower than this ($9-$15 per hour) which makes affordable rent at or less than $780 per month.

Continued on Page 3
Each October, the Shelter for Help in Emergency recognizes Domestic Violence Awareness Month with a series of awareness opportunities designed to encourage conversation and bring attention to issues that touch our community as a whole, but are often hidden in secrecy.

It is a time to remember the victims whose lives were taken too soon, to offer safety and support to those currently in abusive relationships, and to celebrate survivors who are now free from their abusers. Domestic violence is a community problem, one that we all must take an active role in if we hope to make a lasting change.

Upcoming awareness opportunities include:
- **Virtual Candlelight Vigil**: Join us on Facebook, October 5th at 7pm, as we remember the precious lives we’ve lost to domestic violence and offer hope and support to those currently in abusive relationships.
- **Social Media Conversation**: Each day in October, the Shelter will post to its social media accounts using a special hashtag created for that day to highlight issues surrounding domestic violence, provide ways you can help victims, and to offer self-care tips for those struggling.
- **Youth Art Contest**: Young people, ages 18 years old and younger, in Charlottesville and the surrounding counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson are invited to participate in our youth art contest. For more information on how to enter, please reach out to our Prevention Services Coordinator at prevention@shelterforhelpinemergency.org or call (434) 963-4676 ext 110.

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

24th Annual 5K Run/Walk for Shelter, Virtual Edition!

While we are sad we won’t be able to get together in person for our annual 5K Run/Walk for Shelter, we are hopeful you will join us in spirit for a Virtual 5K as we share the important message that domestic violence has no place in our community!

As a virtual 5K, you can complete your run anywhere and anytime during the month of October. You can run our course, pick your favorite course, walk around the neighborhood or even step up on the treadmill. **Your pace, your time.** The possibilities are endless! Once you’ve completed your run, you’ll have the option to submit your time by text, email, or through your RunSignUp profile.

We ask that you send us your results no later than October 31. Final results will be posted on our website and social media accounts on what would have been our actual race day on November 7, 2020.

We want to see your run! Send us photos of you by email or text during your run and of your chosen course. Be sure to include your full name and the location of where your running if you’ve chosen one other than our usual downtown course. If posting to social media, please use the hashtag #SHE5KV20.

Use the QR code to the right to register online or find us at RunSignUp.com. You can use the form on the back of the newsletter if you prefer to mail in your entry. Once registered, we will email you with details on mask shipment dates, information on how to schedule a socially distanced mask pickup, and how to submit your completed times.
The Charlottesville 2018 Orange Dot Report showed that an average family (one parent, two children) needs to earn $45,184 annually to afford the basic necessities of life.

Charlottesville has an affordable housing problem. In reality, it is a crisis. Available, affordable housing options are in short supply. On average, a 1-bedroom apartment will cost around $1,000 and a 2-bedroom around $1,300 to $1,500 per month. These costs are above affordable levels for the average Virginia renter, and much above the area’s low-income residents’ financial means. For those families seeking to escape violence and abuse, these numbers reflect just one of the hurdles they must overcome to reach a safe and sustainable life.

If you are asking the question “why doesn’t she just leave?” the answer may be that finding somewhere to live is just out of reach. It can stop her from reaching for help. It can overwhelm her. It can cause her to return to her abuser. Affordable housing is a critical issue for Charlottesville that demands serious attention. Shelter staff work to support survivors of domestic violence to overcome many barriers and help them find a way forward to a violence-free life. Your support of the work of the Shelter goes a long way in this effort.

A Place to Call Home cont.

SHELTER SUPPLY WISHLIST
We are accepting donations of the following items only at this time. These donations are essential to help us maintain the strict cleaning and sanitation procedures the Shelter has in place during COVID-19 for the safety of our clients, staff, volunteers.

Donations are accepted Monday - Friday, 9am - 4pm at our Community Outreach Center located at 1415 Sachem Place, Suite 101, Charlottesville, VA 22901.

- Sanitizing Wipes
- Sanitizing Spray
- Hand Sanitizer
- Masks
- Gloves
- Hand Soap
- Dish Detergent
- Laundry Pods (HE)
- Toilet Paper
- Paper Towels
- Grocery Gift Cards
- Gas Gift Cards
- Dish Detergent
- Laundry Pods (HE)
- Toilet Paper
- Paper Towels
- Grocery Gift Cards
- Gas Gift Cards

For all other donations, please call us at (434) 963-4676 to check for an immediate need. We are unable to accept donations of clothing, purses, toys, and books due to an overabundance of these items.

Shelter Health: A Podcast Series

As part of their Social Issues in Medicine course, University of Virginia School of Medicine students, Lena Bichell and Sable Thompson, produced a podcast series for the Shelter for Help in Emergency. Shelter Health explores the role of health care in caring for survivors of domestic violence in Charlottesville. In this short but impactful 3-part series, Lena and Sable interview community members about their experiences working with and caring for survivors of domestic violence.

Dr. Christine Peterson, Dr. Jeanne Parrish, and Dr. Joanna Ajex share how they are advocating for and providing vital services to victims of domestic violence. All work closely with the Shelter for Help in Emergency to ensure our clients have a support system in place as they work to overcome the trauma they’ve endured.

An OB/GYN physician and Dean of Pinn College at the University of Virginia, Dr. Christine Peterson, was with the UVA Department of OB/GYN for 32 years. She worked primarily in the Student Health Gynecology Clinic and served on the Shelter’s Board of Directors from 2012 - 2018. Dr. Jeanne Parrish, a Forensic Nurse Practitioner specializing in strangulation cases and their impact on the brain, leads the Forensics Team at the UVA Medical Center and is an appointed Medical Examiner for the City of Charlottesville and surrounding counties. The Women’s Initiative Education Coordinator and Therapist, Dr. Joanna Ajex, works with the Shelter to provide trauma-informed mental health services to our residential clients.

You can find the Shelter Health podcasts on our website at www.shelterforhelpinemergency.org.

Depicted on the right is a snippet from Shelter Health, a podcast series exploring the role of health care in caring for survivors of domestic violence in Charlottesville.
5K Run/Walk for Shelter Virtual Edition Registration

CHECKS PAYABLE TO: SHELTER FOR HELP INEMERGENCY | MAIL TO: P.O. BOX 1013, CHARLOTTESVILLE, VA 22902

NAME: ________________________________________________________________________________________________________________

ADDRESS: _____________________________________________________________________________________________________________

EMAIL (for registration confirmation): ___________________________________________ AGE ON RACE DAY: __________ GENDER: F M

I WOULD LIKE A SHELTER MASK MAILED TO ME:     Y     N       I PLAN TO PICK UP MY MASK:       Y     N
(Please call ahead at 434-963-4676 for pickup times.)

I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION OF:

$15 to provide breakfast for mom & 2 children
$30 to provide school supplies for a child
$45 to provide a safe night of shelter for someone in need
Other __________________________________________

CASH/CHECK TOTAL: $______________________ OR CREDIT CARD TOTAL: $______________________

CREDIT CARD #: ___________________________________________ EXP. DATE: _______________________

NAME AS IT APPEARS ON CARD: __________________________________________

I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shelter for Help in Emergency, its staff, Board, volunteers, Ragged Mountain Running Shop, the City of Charlottesville, and all race sponsors from all claims or liabilities of any kind arising out of my participation in this event. I give permission for the Shelter for Help in Emergency to use any photography with my or my children’s image for promotional purposes. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE: ___________________________________________ DATE: ___________________________

PARENT/GUARDIAN: ____________________________________________________________________________

(If registrant is under 18, form must be signed by parent or guardian.)