

Randi's Message

Providing Therapeutic Programs to Help Children Who Experience Domestic Violence

2021 | EDITION II

www.randishouseofangels.org



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CALENDAR OF EVENTS

July 14, 15, 16 Randi's Camp For Hope and Courage

Sept. 10, 2021 6th Annual A Round Fore Randi

May 7, 2022 18th Annual Randi's Race



MAKE A DONATION AT:

randishouseofangels.org/donate/

Letter From The Chair

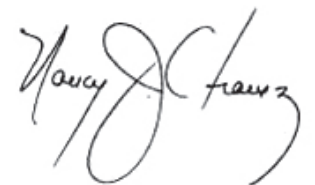
Adolescence is one of the most bewildering yet incredible periods of a person's life. Teenagers may often feel like they are stuck in an uncomfortable position between childhood and young adulthood. Each struggling with mood swings, school issues, substance abuse, family conflict, bullying, peer pressure, and academic struggles.

With the increase in anxiety, teens can find all the responsibilities and expectations tough to manage. This is the time that parents should understand that their teen is struggling to both rely on and to understand their own feelings, thoughts, and reactions.

Randi's House of Angels (RHOA) found that a number of teens that have aged out of RHOA group therapy programs did not have the opportunity to continue dialogue about what impacts their lives. In January 2021 Randi's Teen Group was launched for teens ages 14-18, with a focus to provide a safe place for teens to connect, learn psychoeducational skills and tools and engage in peer social interaction.

The group met virtually once a month via Zoom during the pandemic. The sessions were facilitated by a therapist/clinician and involved a mental health check in, social activities and psychoeducational tool or coping skills to help with dealing with anxiety.

The focus of Randi's Teen Group is to allow the teen to know that they are not alone and know that other members of the group are facing the same issues. This is the same technique used in all of our programs which encourages open communication and minimizing isolation. There is no cost for enrolling the teen into our program. This is the time that parents should understand that their teen is struggling to both and need to understand their feelings, thoughts, and reactions.



In addition to adult victims of family violence, children and pets reside in 60% or more of households where domestic violence is perpetrated and are also at risk of suffering significant physical and/or emotional harm.

Campbell A.M., Hicks R., Thompson S., Wiehe S. Characteristics of Intimate Partner Violence incidents and the environments in which they occur: victim reports to responding law enforcement officers. J. Interpers. Violence. 2017 doi: 10.1177/0886260517704230. pre-published online on April 20, 2017.



17th Annual Randi's Race for Hope and Courage

On May 8th we completed our 17th Annual Randi's Race. Raising more than \$36,000 this year, our grand total has now topped \$534,000 over the course of this community 5K event. Our many volunteers, community partners, sponsors, vendors and local township/EMS workers continue to work together, organizing our event to run smoothly and safely. Additionally, our partners have an opportunity to showcase their important services to the community at Randi's Race.

All funds benefit Randi House of Angels (RHOA) therapeutic programs for children that are victims of domestic violence including: Randi's Kidz Club, a ten-week therapeutic group for children ages 8-13 years; Randi's Klubhouse a, a ten-week therapeutic group for children ages 5-7 years; and Randi's Camp, a three-day interactive summer camp. To date more than 180 children have received services through RHOA. **Please save the date for the 18th Annual Randi's Race - Saturday, May 7, 2022. We hope to see you all there!**

6th Annual A Round Fore Randi Golf Outing

Save the date for the 6th Annual 'A Round Fore Randi' Golf Outing! We will tee off at 8:00 a.m. on Friday, September 10, 2021 at Rich Valley Golf in Mechanicsburg. To date, we've raised more than \$52,000 from our annual golf outing, which supports our signature programs: Randi's Kidz Club, Randi's Camp, Randi's Klubhouse and our latest edition of the Teen Club. More than 135 children and teens have benefitted from these programs which are provided at no cost to the families.

Sponsorship opportunities, Early Bird registration specials and all details are available on our website. Please join us on September 10th for a fun day of golf, skill and team prizes, lunch, beverages, snacks and door prizes. Thank you to our Angel Sponsor RED Salon and our Gold Sponsor, PSECU.





On behalf of Dunkin' of Central Pennsylvania and our local franchisees, we are honored to continue our support for Randi's House of Angels and help children and families exposed to domestic violence. Our local franchisees aim to serve the community beyond their restaurant doors by supporting nonprofits like Randi's House of Angels, who are making a positive impact and helping those in need right here in our community.

Since 2012, Dunkin', our local franchisees, and team members have been privileged to support Randi's Race: Annual 5K Run/Walk for Hope and Courage. Dunkin' and our restaurant team members have participated onsite at the annual walk and have had the opportunity to give back by providing a well-deserved coffee break to those in attendance throughout the years.

Since 2012, Dunkin' and our generous franchisees have been able to donate a total of \$4,000 to Randi's House of Angels, benefiting the positive programs and services like Randi's Camp For Hope and Courage, Randi's Kidz Club, and all the other programs that help children who are victims of domestic violence. We look forward to supporting Randi's House of Angels and contributing to the positive impact the organization has on children, ultimately helping them to live a better life.

Special Thanks

FOR THE DONATIONS TO RHOA

We would like to express a special thank you to the multiple individuals, colleges, businesses and community organizations that made donations to RHOA over the last few months. The donations have supported our programs, and we are very grateful.

- Astra Zeneca Pharmaceuticals, LP
- Mindy Akers
- America Choice Federal Credit Union
- Terry and Julie Barley
- Deb Bender
- Stephanie Bradshaw
- Gina Brown
- Maura Brittingham
- Roberta Grace
- Geraldine C. Ivkovich
- Mr. & Mrs. David. Houser
- Kathryn Pauly
- Donald & Eileen Rousche
- Mr. & Mrs. Bruce Rohrbach
- St. Joseph Columbiettes
- Jodi & Eric Sentz
- Joseph Shayter
- Brandon Tressler
- Dr. Michael Werner
- Joe Washok

BREAKING THE CYCLE

Far too many people find themselves becoming a statistic of domestic violence. Some of the worst victims are the young kids that watch the violence unfold between people that they love, through no fault of their own. The violence leaves scars that will last a lifetime.

When I was finally strong enough to break free from my personal toxic relationship, I found myself worrying about my children, Natalie my 5 ½ year old daughter and Dominick my 2-year-old son. I needed to know that my children would be okay and would not perpetuate the same behavior. I did not want them to experience the same kind of relationship that I had and to know that domestic abuse is not okay.

A friend of mine recommended that I contact Nancy from Randi's House of Angels (RHOA). From the very first time that I talked to her she was truly amazing! I've met so many people in life that had never experienced domestic violence, but Nancy shared her story, listened, and showed compassion when I told my story.

My daughter Natalie attended Randi's Kidz Club and has continued to attend Randi's Camp for Hope and Courage during the summer for the past 4 years. The group of volunteers have been so caring and provided encouragement while engaging with the youth. Natalie talked about the fun she had experienced. Randi's Camp provided a safe place for her to go to meet other children that understood how she was feeling. She learned coping skills that allowed her to gain more self-confidence. This year my son, Dominick will be able to attend Randi's Camp and he is looking forward to meeting other children.

I am so thankful for Randi's House of Angels and will always recognize this fantastic organization as a place to help children that are victimized by domestic violence. RHOA helps to break the cycle of domestic violence, by simply teaching children the true value of showing respect, earning trust, and learning about healthy relationships. Support is a huge part of breaking out, and Randi's House of Angels is definitely there every step of the way!

-Emily Gardner

