



Mai Family Services
Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

www.maifs.org

Free Helpline (888)664-8624

Protect and Safeguard Children from Domestic Violence – Dr. Preeti Venkataraman



Children are the silent sufferers of domestic violence. For many, the impact of experiencing domestic violence in the family is not seen for many years. Many factors contribute to how the child may react. These are baseline temperament, style of coping, age, gender, intelligence, and self-confidence and sense of mastery in the world. Also the nature of the trauma will impact the child. Is it chronic and ongoing or is it one acute episode. In domestic violence situations, the child's primary support is usually the target of the trauma causing secondary trauma to the child.

In preschool and early elementary school children, you often see an emotional regression, increased baseline anxiety, fear of the dark, monsters sleep disturbances and separation anxiety. Regression is one way children cope with stress. They may lose developmental skills and their

inner controls over aggression and their ability to comfort themselves. Behaviors such as bedwetting, thumb sucking may return. A child this age sees he or she at the center of the universe and so therefore will feel like he or she had done something to trigger the violence. The presence or absence of supportive older siblings or other family can impact their response.

Older children and adolescents may respond with anger, change in school performance, increased guilt and fear, mood swings, increased baseline anxiety and social and emotional withdrawal from family and friends. There is also a significant increase in substance use, depression and anxiety and post-traumatic stress disorder in children who are exposed to domestic violence. There is also an increase in sexually acting out behavior. Interestingly some adolescents respond with the exact opposite i.e. they become hyper focused, do extremely well in school and appear as if the violence in the home is not impacting them at all. These young people are essentially isolating and compartmentalizing all of their emotions and can present with mood and anxiety disorders, even suicidal thinking years down the road.

Chronically exposed to domestic violence can trigger in children and adolescents - social, psychological and psychiatric disturbances. It can impact how they see themselves in future relationships with significant others. The incidence of domestic violence is significantly higher in children who have witnessed domestic violence in their own families.

Confidentiality is a virtue for Mai Family Services



When a call comes in, the intake worker is the first to respond. She explains her role and how we keep confidentiality. The intake worker gathers the initial information about client's situation and then shares it with the case worker who will be following up with the client.

If financial assistance is sought, the case worker needs to share the financial assessment with the executive board to get approval and provide financial help as needed. Even in these situations, clients are identified only with a specific Registration ID unless a check has to be given to the client.

The case worker **informs and gets approval from client** before their information is shared with President, Treasurer, counselor or service provider in our organization.

The client is also requested to sign a "Release of Information" form before we share their info with anyone other than concerned personnel in the organization. In cases where a face to face meeting is not possible, the client provides verbal consent and does not sign the release of info.

We are very careful to not share identifying information (Name, age, address and Social security number). We may need to



share name and address only while providing transportation assistance or financial assistance but this is restricted to only concerned people helping with providing these services.

All Board members, volunteers, caseworkers, counselors, service providers and employees are required to sign a confidentiality agreement when they come on board to offer their services to Mai Family Services. By signing this agreement, it is agreed that any client related and MaiFS information is not divulged to anyone other than pertinent people. Confidentiality is of utmost importance at Mai Family Services.

MaiFS provides confidential, compassionate and non-judgmental support when people need it most!

Family Issues – a Poem by Tilak Sharma

*Written for MaiFS and shared after the very successful ASMI fundraiser
Poem originally written in Hindi. This is the translated version.*



There are often troubles in married life
That creates a rift between husband & wife
When parents have a problem to deal
Nobody knows how the children feel
They try to keep their worries inside
They cannot find a listener out side
They do not know what to say who to say
There is no use every one just walks away
Why it happened how it happened God knows
Parents also forget that kids are in the house
The family falls apart as a final result
Kids cannot do anything there is no help
There is no one who holds them together
The life seems like a burden not easier
They wish some nice angel may come
May bring the parent back in the home
For the sake of kids please compromise
In darkness of life let the sun of hope rise

MaiFS provide Confidential Assistance for:

- **Abuse**
- **Marriage difficulties**
- **Mental Health issues**
- **Substance abuse**
- **Adjustment to new culture**
- **Issues affecting seniors**
- **Grief and bereavement support**
- **Workplace Challenge**

MaiFS touches the community with the successful ASMI



On Sunday, April 13th, Mai Family Services presented its annual fundraiser along with Asmi team at Ford Community and Performing Art Center in Dearborn. In ASMI (Sanskrit - I prevail), the performers brilliantly displayed the many qualities of a woman such as resilience that gives her the strength to overcome the difficulties that crush herself, her dignity, self-esteem and self-confidence. This strength is what empowers her to bounce back on her feet, take charge of her life and become self-sufficient and self-reliable.

The theme of Asmi was very fitting to the work Mai Family Services does helping families and individuals, men and women facing crisis. Mai Family Services becomes the family they need to survive through these hard times.

The 480+ audience was spellbound as they witnessed the reality of the cause they had come to support, so vividly portrayed through song and dance, folk music and classical nritya intertwined with commentary that provoked, occasionally lightened the mood but above all maintained a rhythm that kept all in symphony. The energy in the room could be felt; passion for the reason why we had gathered was conveyed with every word. The Asmi Team brought the evening to a crescendo as the audience left the auditorium voicing their awe, respect but most of all a better understanding of what Mai Family Services was all about. A cause dear to the MaiFS team has been well served.

Thanks to all the artists, volunteers, sponsors and most importantly, you, the community for your continued support and your appreciation of the work we do. Together, we will continue to build a stronger community!

Mai Family Services receives the prestigious 2014 MAPAAC award for community service.



The Michigan Asian Pacific American Affairs Commission (MAPAAC) and the Michigan Department of Civil Rights (MDCR) celebrated the 12th Annual Asian Pacific American (APA) Heritage Day Celebration on Tuesday, May 6, in the Rotunda of the State Capitol building in Lansing, Michigan. Michigan State Senator Hoon-Yung Hopgood and State Representative Sam Singh hosted the celebration. APA Heritage Day commemorates the culture, tradition, history and accomplishments of Asian Americans and Pacific Islanders in Michigan and in the United States. The event was open to the public.

The highlight of the event was the recognition provided to Mai Family Services (MaiFS), a non-profit organization that has been helping South Asian individuals and families in

distress since 1986. MaiFS has been continually and consistently improving the quality of life for Asian Pacific Americans and has been selflessly addressing concerns in the areas of domestic violence, substance abuse, mental health, immigration issues, senior abuse and more. The dynamic organization received the MAPAAC Community Service and Philanthropy Champion Award amidst distinguished professionals and legislators.

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MaiFS thanks its patrons, donors and sponsors. It is because of your generosity, we are here to provide valuable service to individuals and families in crisis. Thank you for your support and goodwill.

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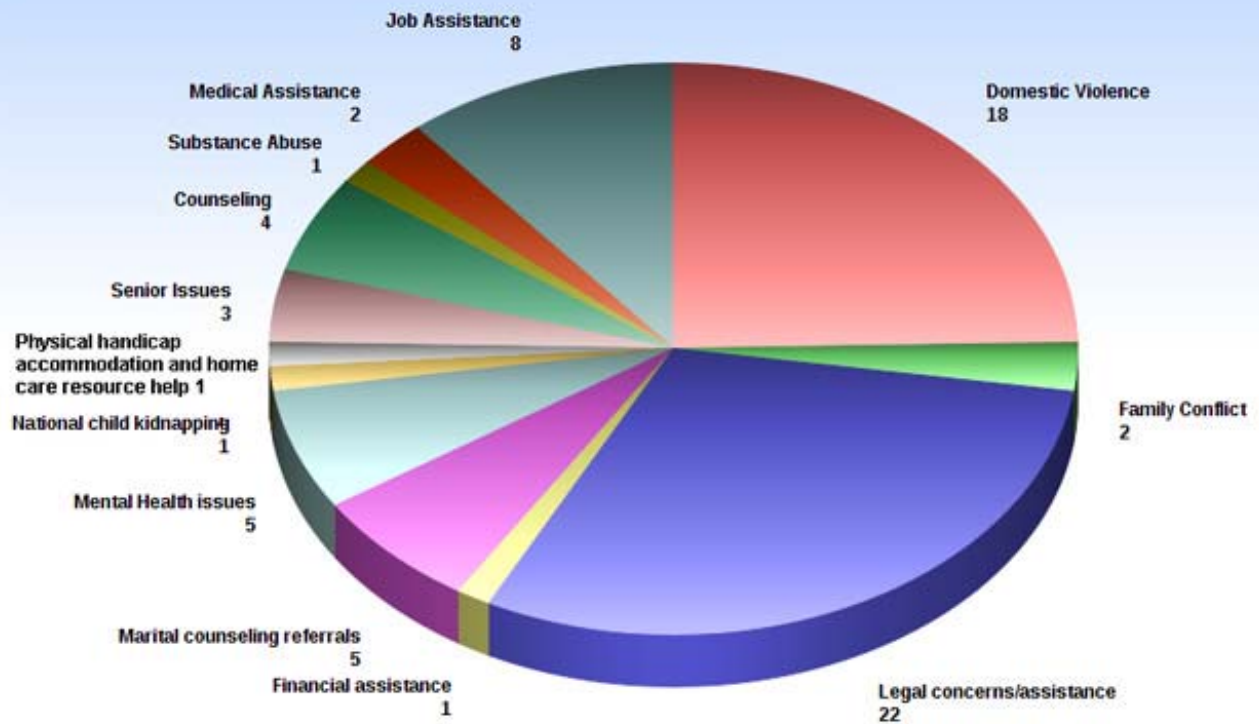
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(<http://www.eventforless.com/>)

Current Stats for Mai Family Services

52 clients served this year through May 2014
31 new clients in 2014--11 of which were closed
Total Hours through april 2014: 303.75 + direct client hours

To date:



Walk to Stop Domestic Violence - Walkathon 6/22 - Mark your calendar!

Mai Family Services is hosting its annual 5K walkathon on Sunday, June 22nd 2014. This walk is exclusively dedicated to all the children who suffer as a result of domestic violence. The funds raised from this event will be used directly toward supporting survivors of domestic violence with safe housing, food, legal fees, medical care and other necessities. Protect and safeguard the community and build a future without hurt.

Please register and pass the word around! Visit

www.maifs.org

WALK-TO-STOP DOMESTIC VIOLENCE
Sunday June 22, 2014
Farmington Heritage Park
 24725 Farmington Road,
 Farmington Hills, MI 48336

Kick-Off @ 11 am
Registration @ 10 am
includes refreshments and activities
Adults: \$15 (ages 18+)
Youths: \$10 (ages 10-17)
Children: No Fee (ages 0-9)
On-site registration: \$20

To be a sponsor, please email us at info@maifs.org.
 All proceeds from the event will assist survivors of Domestic abuse.
 100% of your donations are tax-deductible.

Visit our walkathon website for additional details, and to register:
www.maifs.org

Mai Family Services is a 501(c)(3) non-profit organization dedicated to supporting South Asians in need. Visit www.maifs.org to learn more. FREE Helpline: (888)664-8624.

Highlights – MaiFS Outreach Activities

5/16/2014 – MaiFS Volunteer Orientation

May 2014 bi-monthly volunteer outreach was a very successful event! It was at the Saffron restaurant. There were 30 attendees for the event, out of which 17 were new volunteers. Few board members also participated in the event and answered questions from volunteers. Mai Family Services President, Mona Sashital did a MaiFS101 presentation for the new and old volunteers. She also shared ongoing and specific volunteer opportunities for the upcoming walkathon. Volunteers signed up for walkathon tasks and other volunteer opportunities like grants. New volunteers signed confidentiality and volunteers guidelines documents to work with MaiFS. If you wish to volunteer, send an email to info@maifs.org

5/21/2014 Celebrating Multicultural Diversity event at Blackwell Institute update:

Latika Mangrulkar did a presentation on behalf of Mai Family Services at the Blackwell Institute an elementary-to middle school in the Detroit School System. Named after a storyteller, Catherin Blackwell, stories such as Indian mythological and folk tales woven for the contemporary child was shared by Latika. It was a challenging but very fulfilling event. There were representatives from many community organizations, including API-Vote, the Japanese Consulate as well as persons of Arab, other Asian countries as well as African-American and mainstream Caucasian groups at this annual Diversity Celebration. The packages of bindis were a big hit as a group of fifth-graders listened to the story of Ganesh and recited a simple Sanskrit shloka with Latika.

MaiFS is a non-profit, tax exempt organization under section 501(c)(3), completely driven by volunteers. We seek your help in keeping this community healthy.

Please support MaiFS! Donate Now. Visit www.maifs.org

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