

**APRIL IS...
SEXUAL
ASSAULT
AWARENESS
MONTH**

SAFE HAVEN

Domestic Abuse & Sexual Assault Support Center
PO Box 665
Shawano, WI 54166



Spring/Summer 2013



The Spoken Truth

By: Shelby Mitchell

It has been said many times that the statistics are alarming; in the case of sexual assault that is especially true. One in three women will be sexually assaulted in her lifetime and for men one in six. That means that every two minutes someone in the United States will be sexually assaulted.

For Virginia Messick, that statistic became her reality. Virginia joined the Air Force and went to Lackland Air Force Base for basic training. In 2011, following the commands of her training instructor, Virginia went to gather needed supplies. When she got upstairs, her training instructor, Staff Sgt. Luis Walker was waiting for her. Walker pushed the door closed and began to rape her. Walker told her that she was going to do what he wanted otherwise she would be kicked out of the Air Force. Walker continued to control Virginia and made it clear to her that if she spoke up, she would be putting her career in jeopardy.

Virginia did speak up and when she did, 61 other female recruits started coming forward about what happened to them. In total, 62 recruits spoke about sexual assaults and other misconduct from 32 instructors on the Lackland base from 2009-2012. The news about Lackland Air Force Base is quickly becoming the largest in military history.

In July 2012, Staff Sgt. Walker was found guilty of assaulting ten women including Virginia by a military jury. The jury found Walker guilty on 28 different counts and he is now serving a 20 year sentence and is facing dishonorable discharge from the Air Force.

In the military alone, there are over 19,000 sexual assaults a year. According to the Department of Veterans Affairs, one in five women in the military will suffer a sexual trauma. As with any trauma, there can be many side effects such as post traumatic stress disorder (PTSD), problems eating, sleeping and anxiety, to name a few. These side effects make it extremely difficult to focus on day to day tasks and to maintain employment.

Many military sexual assault survivors become homeless as a result of the trauma they endured during their enlistment. Due to the large number of homeless women veterans, the Veterans Affairs (VA) hospital in Long Beach, CA has designed a new program titled "Renew." Renew opened in 2005 after receiving a grant from the U.S. Veterans. They help with housing, intensive therapy and other needed resources for sexual assault survivors.

During Sexual Assault Awareness Month and beyond, do your part to help. Find opportunities to volunteer, learn about warning signs and how to help, educate your family and friends, listen, be supportive and speak out against violence to men, women and children in your community. If we all help carry the weight, it makes the load easier to carry and much more can get accomplished.

Providing critical access to survivors

In effort to improve our Sexual Assault Nurse Examiner (SANE) Program in Shawano, the three ThedaCare critical access hospitals (Shawano, New London and Waupaca) in our area have been meeting bi-monthly. The goal of the meetings is to unify the policies and procedures at each location. This process will allow the hospitals to bring in nurses from any of the three CAH's for trainings, exams or extra help as needed. By keeping the process and paperwork the same, we can expand each of the CAH's SANE programs and provide better, more comprehensive care to survivors in their own communities. By providing critical services in a timely manner, we can greatly cut down on future needs such as counseling, mental health services or other medical issues that may arise.

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Rick Kane
Chairman Of The Board

Jody Johnson
Vice-Chairman/Secretary

Sue True
Treasurer

Kelly Bueschel

Tom Grover

Leann Gueths

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Stacey Cicero
Executive Director

Sue Dionne
Shelter Supervisor

Marla Etten
DV Victim Advocate

Shelby Mitchell
SA Victim Advocate

Bryan Wright
Children's Advocate

Shelter Advocates
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Tara Lohrentz
Jo Maki
Lori Natzke
Michelle Oreskovic
Karli Schrieber
Rhonda Thurman



**Women Working It Out
Support Group**

Meeting Tuesday Morning 9:30 to 10:30 at Safe Haven

Safe Haven invites you to join this new support group that offers ongoing safety planning to women who are experiencing abuse while they remain in the relationship with their partner. This group focuses on the needs of women who are ages 45 and older, however women of all ages are welcome. The goal of this group is to offer women who have similar goals for support, advocacy, education, information, safety planning, and sharing of resources a place to gather together and support one another.

To join group; contact Safe Haven to setup a pre-registration meeting with the DV Victim's Advocate.

ALL SERVICES ARE FREE and CONFIDENTIAL

Childcare Is Provided

Pre-registration is required for all groups

Safe Haven * 380 Lakeland Rd, Shawano* 715-526-3421

Mark your calendars for the Garden Walk

July 13, 2013
9:00am-3:00pm

City of Shawano and surrounding locations

The 6th Annual Crop to Stop Violence was held in January 2013 and was a huge success thanks to the hard work and support of Stampin' Up! and its demonstrators (pictured below). Mary Polcin, Judy Prahl and Doris Tilken organized the event and contributed their resources to make this event successful. The event raised more than \$8,000 to help provide programming for Safe Haven. Thank you to all who donated, participated and volunteered to make the Crop to Stop Violence the best ever!

Winner of the Door County Weekend get-away, donated by Sam and Wendy Crawford, was Lori Rentmeester.



**RESOURCES ON
SEXUAL
VIOLENCE**

Books:

Beyond Our Control: Restructuring your life after sexual assault
Leila Rae Sommerfeld

Be Your Own Hero Warrior Workbook: for survivors, warriors, advocates, loved ones and supporters ready to move
Angela Shelton

Web Sites:

Safe Haven, Shawano
www.shawanoshelter.org
www.shawanosane.org

Wisconsin Coalition Against Sexual Assault
www.wcasa.org

Rape, Abuse and Incest National Network
www.rainn.org

National Sexual Violence Resource Center
www.nsvrc.org

The Date Safe Project

**~ NEW HOPE ~
SUPPORT GROUP**

For women who have experienced difficult relationships in the past or present or have experienced sexual abuse or domestic violence at any point in their life.

Thursday Evenings
Supper 5:00-6:00pm
Group 6:00-7:00pm

**CHILDREN'S
SUPPORT GROUP**

Children's group is offered in conjunction with our adult support group.

For children who have been involved in or been witness to domestic violence or sexual assault situations.

Thursday Evenings
Supper 5:00-6:00pm
Group 6:00-7:00pm

**COMMUNITY
PRESENTATIONS**

Would you like to have Safe Haven present to your club, business or organization?

Topics include: general shelter, Domestic Violence, Sexual Assault, Sexual Harassment, Dating Violence, Stalking and Child Abuse.

*For more information call
715-526-3421*

Please call our 24 hour crisis line at (715) 526-3421 or (888) 303-3421 for more information about our groups or to speak with an advocate.

Check out our website at www.shawanoshelter.org

Like us on Facebook

All services are Free and Confidential

Why we do what we do a client's perspective...

Several years ago, I came to Safe Haven with my children. When I left my abuser, we had nothing but the clothes on our back. I didn't know what I was going to do. But Safe Haven provided everything for us. Including shelter, food, clothing, etc. But what was just as important and so vital was the emotional support to begin healing from what we had gone through. All of the individual support sessions with advocates and all of the group support sessions were instrumental in helping to stop the terrible cycle of going back to my husband or getting into another abusive relationship. Attending these group and individual sessions helped me personally to become more of a healthy and self sufficient person and a better parent. Safe Haven also informed us of many different community resources that helped the transition from shelter to our new home. There are many more areas that Safe Haven assisted us in besides just being a safe place to stay. I believe that Safe Haven was vital in saving our lives, because who knows what could have happened to us if we would have stayed with the abuser any longer. I can now take care of myself and my children. We have grown so much in confidence and self-esteem. My children and I are no longer just trying to survive in an abusive situation; instead, we are now thriving and living happy, healthy lives because of Safe Haven. I am so grateful Safe Haven was there for us.

Reasons for Serving on a Board of Directors

Individuals volunteer to serve on boards of not-for-profit organizations for many different reasons. Most volunteers offer their services because they share in the vision of the organization and strongly believe in its work and purpose. We are very lucky to have ten such people on Safe Haven's board of directors. Each director brings to the table a wealth of knowledge and community interaction that helps Safe Haven grow and prosper. Safe Haven relies on the support of the board of directors to set and review policies, set the direction for the agency, ensure there are adequate resources for the financial health of the organization, monitor and evaluate the programs and services and enhance the public image of Safe Haven. The board also fully supports the mission and vision of the organization.



Stacey Cicero
Director

Mission: to ensure a safe community, free of physical violence and emotional abuse, through shelter, caring, advocacy and education.

Vision: to be a catalyst for change and to break the cycle of violence so a family can become healthy, self sufficient and independent.

Message from the Chairman ~Rick Kane

As Chairman of the Save Haven Board of Directors, I am honored to serve with a very dedicated group of people that are fellow Board Members. Each and every one of them brings a wealth of knowledge and insight to the organization.

We are also very fortunate to have a group of wonderful, talented and professional staff that serves with compassion and tenderness. Our staff I tremendously dedicated to helping victims of domestic violence and sexual abuse as well as their families.

I am also very proud of our volunteers that donate countless amounts of time, talent and treasure to Safe Haven. I attribute our success to all of those who serve and strive to provide members of our community with this greatly needed resource.

I am very grateful for our volunteers, staff and board members. Thank you for your service.

WELCOME NEW BOARD MEMBERS

ROB MICKELSON
ANDREA WALLACE

2013 Board of Directors



Pictured: Jody Johnson (Vice Chairman), Rick Kane (Chairman), Rob Mickelson, Scott Parson, Stacey Cicero (Executive Director), Leann Gueths, Tom Grover
Not pictured: Kelly Bueschel, Larry Klement, Sue True, Andrea Wallace

Domestic Violence Abuse In Later Life

Women Working It Out...

Intimate Partner Violence (IPV) is physical, emotional, psychological or sexual abuse by a spouse or significant other. IPV can include harsh or cruel criticism, threats of abandonment, intentional isolation from family or friends, limits on the use of the phone or computer, limits on the use of a vehicle, or denying medical treatment or medications, financial abuse, in addition to physical abuse. IPV affects women of all ages regardless of income, education, residence, or social status. Older women often keep IPV hidden from family and friends at the expense of their health, well being, and quality of life.

There are many reasons older women keep IPV a secret and stay with the abuser. While enduring the abuse, the victim has grown to care about the batterer and cares about the future of their union, their home, their religious commitment, health considerations, financial needs, and their retirement years. Women who remain in the abusive relationship sometimes feel responsible and ashamed, or embarrassed that they are the age they are and find themselves still in the abusive relationship.

IPV is not the victim's fault. It is important for the victim to know they are not alone in their struggle. Safe Haven recognizes the importance of supporting women who are advancing in age and who need ongoing safety planning while they remain in the relationship. That is what the Women Working It Out support group is all about. The group meets Tuesday morning from 9:30-10:30. Childcare is available. See the announcement in this newsletter for more details. We look forward to supporting victims of all ages in their search for safety.

Marla Rhoads-Etten, MSW
Domestic Violence Victim's Advocate

VOLUNTEER CORNER

**103 volunteers
logged 3,236.5
hours of service
in 2012!!**



Sue Dionne
Shelter Supervisor

It is obvious from our numbers from 2012 Safe Haven has the pleasant opportunity to work with many volunteers over the year. We have quite a list of opportunities from lawn care to childcare with cleaning and office support in between. I am sure you would find a volunteer opportunity to fit your need. Volunteering gives you a great feeling of satisfaction. We have volunteers who come in at scheduled times and we have those we call as we need. We work with you to find the best way to fit your schedule and your interests. If you find you have some extra time and would like to learn more about our Volunteer Program, please contact us at (715)526-3421 or fill out an application on our website at www.shawanoshelter.org.

THANK YOU VOLUNTEERS for the time you give to our program!!!

THANK YOU TO OUR GENEROUS DONORS October 2012— February 2013

Many community members donate their time, talent, goods and services to Safe Haven. We thank all who generously contribute to our program to make it successful. The following have donated a \$1,000 or more to Safe Haven.

THANK YOU!

Bleser Family Foundation, City of Shawano, Greater Green Bay Community Foundation, Green Bay Packers Foundation, Jerry and Nancy Hentges, Presbytery of Winnebago, Kathy Qualheim, Screamin' Head Buzz, Shawano Area Community Foundation, Shawano Woman's Club, Greg and Patty Thatcher, Thrivent Financial—Wolf River Associates/Scott Parson



April is Child Abuse and Neglect Prevention Month



Bryan Wright
Children's Advocate

Success in the Schools

Last years collaborative efforts to help spread Child Abuse Awareness month in April with Shawano middle school and Marion elementary turned out to be a huge success. The students were presented with the opportunity to compete in a coloring contest and a door decorating competition. With both projects we used the theme, "There is no excuse for child abuse." Shawano middle school and Marion elementary students were given the challenge of incorporating this theme with the symbol of the blue ribbon tree that was selected to represent the month of April. As well as using the slogan and symbol of the tree I got to talk with students to educate them on the different types of abuse and what can be done to stay safe.

The ideas that the students came up with and the creativity and work put into the projects was astonishing. It really was incredible to see each of the doors. Thinking of the time and effort put into everything and how each student was given the chance to be a part of something

so huge is very inspiring. This year we hope to continue to grow the projects and hope to offer more of an incentive to being a part of helping out. The theme being used this year is "It only takes a minute to make a difference in the life of a child." and the symbol selected for this year is a blue pin wheel can't wait to see how the doors will turnout this year.



Door Decorations Last

Support Services

- 24 Hour Emergency Shelter
- 24 Hour Crisis Line
- Individual Advocacy /Support
 - Domestic Violence
 - Sexual Assault
 - Child Abuse
- Legal Advocacy
- Restraining Order Assistance
- Hospital/Medical Advocacy
- Support Groups
 - Domestic Violence
 - Sexual Assault
 - Children



10th Annual Bowl-a-thon Strikes it BIG!



Highest Team Contribution
Left to right: "Bag Ladies" Leann Gueths, Karissa Kunschke, Angie Gast, Kristin Gehm, Missy Gerber

Bowlers with highest series: Blue Crew—WI Film & Bag
Left to right: Alden Dionne, Scott Nelson, Marvin Elgin, Ron Wuske, Chad Wuske



Thank You
Lakeshore
Lanes
for hosting the
Event!

This year 16 teams came out to help Safe Haven raise money and awareness about Domestic Violence. The "Blue Crew" from WI Film & Bag pictured at the right was the team with the highest series at 2,600. The individual that collected the most sponsors is Bill Hahn at \$475.00 and the team raising the most money the second year in a row are the Bag Ladies, from WI Film & Bag. The team raised \$730.00 while combined with the men's team raised over \$1,180.00 for the event. King Pins were sold by many local businesses which raised about \$650.00 for the event. Three teams that raised over \$500.00 each were entered into a drawing for a Pizza Party and the winner of that was Tom's Tap. Thank you to all who participated or assisted with sponsoring the event. We hope to see you again next year!



Congratulations.....

Dustin Martzke
Winner of the Packer
autographed football!

AGENCY CONTRIBUTION

I would like to contribute toward the work of Safe Haven in assisting victims to achieve safety and self-sufficiency for themselves and their families.

Enclosed is my contribution.

\$10 ___ \$25 ___ \$50 ___ \$100 ___ \$ 250 ___ Other ___

- Address change
- Add friends name to mailing list
- Remove my name from your mailing list
- Email the newsletter

Name _____

Address _____

Email _____

Mail Agency Contribution Form to Safe Haven,
PO Box 665, Shawano WI 54166

Contributions are 100% tax deductible

Shelter Stats 2012

- Provided safe housing to 71 women & 92 children
- Hotel vouchers provided to 2 men and 1 child, total of 15 nights
- Average length of stay 19.8 days
- 2,561 Total bed nights
- Completed 16 Restraining Orders
- Answered 2,020 crisis calls
(1,895 women, 125 men)
- Provided services to 606 victims
(426 women, 34 men, 146 children)
- Presented curriculum to 77 classrooms, 2,572 students
grades K-12
- Provided support group to 65 women, 75 children
- Completed 835 safety plans with victims & 144 with children
- Received 19 sexual assault forensic exam calls, completed 17 exams
- Gave 67 community presentations to 3,014 people
- 103 Volunteers logged 3,236.5 hours of service
- 179 Domestic Violence and 38 Sexual Assault cases referred to the District Attorney's Office

Safe Haven Wish List

- Gift Cards (Grocery Stores, Wal-Mart, K-Mart)
- Disinfectant Wipes
- Paper towels
- Copy or Colored Paper
- Laundry Detergent/Dryer Sheets
- Cleaning Supplies
- Non-perishable food items
- Fruit Juices (frozen or bottled)

Safe Haven
P.O. Box 665
Shawano, WI 54166

Mark Your Calendar

Community Denim Event
April 8, 2013
Shawano County Library

Victim Right's Week
April 22-27, 2013

Garden Walk
July 13, 2013
Call for more information

Would you like to receive this newsletter via email? Please email Safe Haven with your contact information.
Help@shawanoshelter.org