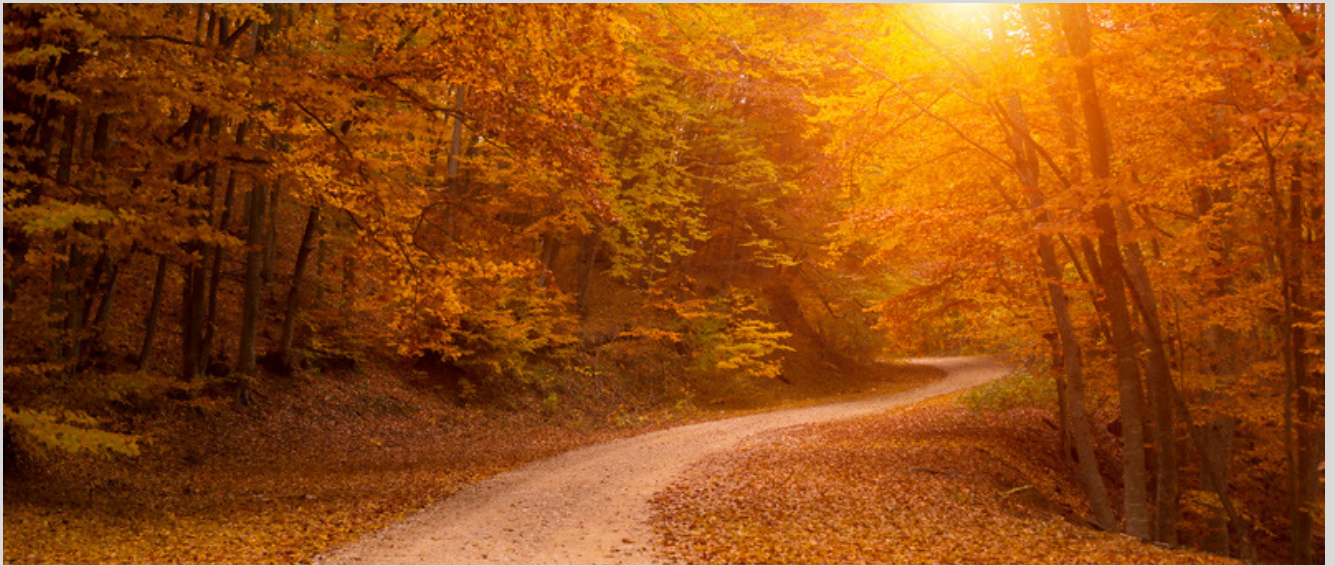




CRA INSIGHTS

Information to grow with



October is Domestic Violence Awareness Month



Domestic violence is the willful intimidation, physical assault, sexual assault, and/or other abusive behavior as part of a systematic pattern of power & control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats & emotional abuse. The frequency & severity of domestic violence can vary dramatically.

National coalition against domestic violence

UPCOMING EVENTS

november 17th

designer purse bingo
cricket's bar & event
center-amery

NEW WEBSITE

CRASHELTER.ORG

We have recently launched our new **WEBSITE!** We are thrilled at how it looks, how much information it provides and how well it tells who we are and what CRA does. Please go and check it out and let us know your thoughts.

What is Domestic violence



CRASHELTER.ORG

An aggressive partner employs a variety of behaviors in effort to manipulate and control their partner

Physical Abuse: May include hitting, kicking, shoving, choking, biting, hair pulling & forced ingestion of drugs or alcohol

Emotional Abuse: May include put downs, name calling, blaming, criticism or efforts to diminish a person's self worth

Sexual Violence/Abuse: May involve forced or coerced sex acts or sexually demeaning treatment. Sexually demeaning gender remarks or sexual remarks are also sexual abuse

Psychological Abuse: Often involves threats or physical violence towards partner, family members, pets or friends. Keeping a partner from socializing to going to work/school. Will sometimes threaten suicide or self harm as a method of manipulation

Financial Abuse: Will restrict or control a partner's finances or access to financial resources

information shared from domesticabuseservices.org.uk

People stay in abusive relationships for many reasons. Often there is no clear motive. Not all people recognize or label what is happening to them as domestic abuse. The following is a list of contributing factors that may cause an abused person to remain with, or return to, their abusive partner:

Frequency and severity– The abuse may occur over a relatively short period of time. The abuser may tell their partner and they may be convinced, that this incident was the last violent episode. Generally, the less severe and less frequent the incidents, the more likely they are to stay .

Childhood– They may have lived in a home where their parents were abusive and now accepts abuse as normal. They learned early in life that it is okay to hit those you love when they've done something "wrong". They, or one of their siblings, may have been a victim of child abuse or incest.

Economic dependence– They may be economically dependent on the abuser and see no real alternative. Their partner may control all their finances, leaving no access to cash, checks, or important papers. They may be afraid that if they report the crime or tell of the abuse, their partner might lose their job – often the only source of income for the family.

Continued

Fear– See no real way to protect themselves from their abuser. Many of their fears are justified. If they, or even a neighbor, reports the abuser to the police, they often faces retaliation. Often they are so terrified, they will deny abuse when questioned. They are afraid of incurring the wrath of the abuser or his/her extended family if they report or break up with their partner. They fear the abuser may follow through with threats to commit suicide, take the children away, or have them deported.

Isolation– Often the abuser is the only psychological support system, after they have systematically destroyed the survivors other friendships. Other people feel uncomfortable around violence and usually withdraw from it. They may have no idea services are available to them and therefore feel trapped. The abuser may threaten to kill them, the children, and anyone else involved if they report him. Often relatives tire of helping out repeatedly. They become unwilling to be a resource. Having no one to talk to, there is no support system or potential helpers.

Low self-esteem– Severely depressed people cannot take action. Often the abuser is violent only with them so they conclude there is something wrong with them. They may accept the abuser's excuse that they "deserved" the punishment or that the abuser was too drunk to know what they were doing. They believe that if they could improve or stop making mistakes the abuse would stop because this is what they have been told by their partner after every assault.

Social stigma– Because others may not understand why any person would stay in an abusive relationship they may be embarrassed to admit that the abuse occurs. They believe they have no power to change their situation.

Beliefs About Marriage – Religious and cultural beliefs may demand the couple maintain the facade of a good marriage. Often staying together for the sake of the children. They may believe abuse is part of every marriage.

Beliefs About Partner– They often still love the abuser and are emotionally dependent, believing the abuser to be all-powerful and able to find them anywhere. Many of their fears and beliefs about the abuser are based on the reality of their previous experience. Often motivated by pity and compassion, they feel they are the only one who can help the abuser change.

Real Stories...



Even good relationships can go bad.

Domestic and sexual abuse come in many shapes and sizes. It can happen to anyone anywhere and often it can be hard to recognize. Some relationships can go from happy to hurtful very quickly. These survivor stories are true. They are compilations of different stories that we have heard or experienced over the years. Names, places and circumstances have been changed to protect the identity of the survivors .



It started as “love at first sight”, but did not end as happily ever after.

It started with subtle questions about where I was, why trips to the grocery store took so long or who was I with. I didn't know that this was the start of his controlling me. Soon Mr. Charming had turned into a monster. He would never allow me out of our house. Slaps turned into punches. The bruises were harder to conceal. My bones were broken, but I was not allowed to go to the hospital to get them fixed.

Then one night he choked me. Apparently his dinner that I had spent hours making, wasn't right. Who knows. I was laying there as he choked me thinking maybe it would be ok if I died. It would be a way out of this hell hole. I must have passed out because when I woke up he was no longer choking me. He wasn't anywhere in the house and his car was gone.

It didn't take me long to decide to get out. I didn't pack anything for fear he would soon be back. I grabbed my purse and ran. Soon a car picked me up on the road and brought me to the hospital.

I was able to move into a domestic violence shelter, heal and move on.

I am a survivor, and you can be too.



I was a very happy, outgoing gay man. That soon changed.

I met Nate through an internet site. He was so handsome, kind and he was a professional Architect. We soon moved in together and started our “perfect” relationship. We would spend weekends taking long walks, holding hands and speaking of the future, our plans and dreams. Our love growing, so I thought.

Our nights out with friends usually ended in arguments if I spent too much time speaking to any of our male friends. Soon, we didn't have nights out together. He would go out without me, stay late and come home drunk. When I would try to talk with him he would physically shove me away. During his drunken binges, he would often tell me how inadequate I was as a lover. The next day he would promise to give up drinking and focus on us. After all, he loved me. I would stick by his side and help him see how perfect we were together.

One night he was late coming home. It didn't surprise me that he came home drunk again. What did surprise me is that he threatened to commit suicide if I left him. I assured him I wouldn't leave, the next morning he was sorry. This pattern continued for the rest of the week. Saturday night rolled around and he strolled in earlier than usual.

THE NUMBER ONE REASON DOMESTIC VIOLENCE SURVIVORS STAY OR RETURN TO THE ABUSIVE RELATIONSHIP IS BECAUSE THE ABUSER CONTROLS THEIR MONEY SUPPLY. LEAVING THEM WITH NO FINANCIAL RESOURCES TO BREAK FREE.

Continued:

This time he had a gun. He took turns holding that gun to his head, then mine. I have never been so afraid in my life. I realized that if I survived this I needed to get out. Nate needed help, more than I could ever give. It was my lucky night. He had apparently had way more than his limit and eventually passed out. I was able to remove the gun, call authorities and pack my things and move out. I still struggle with what happened. I am hoping that someday I will be ready to speak to someone about it.

I am a survivor, and you can be too.



Doesn't everyone's Mommy and Daddy fight?

I never thought my family was different than anyone else's. It wasn't until later as a young adult that I saw that not every relationship had physical, mental and psychological abuse.

Many nights in my childhood would end with my father hitting our Mother as my little brother and I cowered in a corner. I never understood what Mom did to make him mad, but the end result was terrifying. We never had very much to eat growing up. I now suspect that my father drank the money that was supposed to go towards food.

One night was particularly bad. It started with Dad yelling at Mom and hitting her so hard that she hit her head. We thought she was dead. Fortunately, there was a knock at our door. It was the Police and CPS. Our neighbor had grown tired of hearing the fighting every night and had called to report it. He saved our lives that night. I have no doubt that soon Dad would have started on my brother and I.

I have had counselling and with the help of some very dedicated people I am learning to cope with the violence that I witnessed as a child.

I am a survivor, and you can be too.

RESOURCES

**If you are in an emergency situation
always call 911.**

Local Domestic Violence & Sexual Assault Agencies

COMMUNITY REFERRAL AGENCY

SERVING BURNETT, BARRON & POLK
COUNTIES
CRISIS LINE: 800-261-7233
CRISIS TEXT LINE: 715-553-3359

FAMILY SUPPORT SYSTEM

SERVING CHIPPEWA COUNTY
715-723-1138

THE BRIDGE OF HOPE

SERVING DUNN COUNTY
715-235-9075

TURNING POINT

SERVING ST. CROIX COUNTY
715-425-6751

OAKWOOD HAVEN

SERVING SAWYER COUNTY
715-634-9360

EMBRACE

SERVING RUSK COUNTY
715-532-6976

Online information

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

WWW.NDVH.ORG

NATIONAL DATING ABUSE HOTLINE

WWW.LOVEISRESPECT.ORG

NATIONAL RESOURCE CENTER ON DOMESTIC VIOLENCE

WWW.NRCDV.ORG OR
WWW.VAWNET.ORG

FUTURES WITHOUT VIOLENCE THE NATIONAL HEALTH RESOURCE CENTER ON DOMESTIC VIOLENCE

WWW.FUTURESWITHOUTVIOLENCE.ORG

NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA & MENTAL HEALTH

NATIONALCENTERDVTRAUMAMH.ORG

*The only people who get upset about you setting
boundaries are the ones who were benefiting
from you having none.*

You have escaped the cage.

Your wings are stretched out. Now fly.

RUMI



Books

COURAGE TO HEAL

THE EMOTIONALLY DESTRUCTIVE
RELATIONSHIP-LESLIE VERNICK

WHY DOES HE DO THAT-LUNDY
BANCROFT

TOTAL FORGIVENESS- R.T KENDALL
CALL TO ACTION

RAINBOWS IN THE DARK

SASSY SONJA: BEHIND THE CLOSED
DOORS OF MARITAL RAPE

WHEN DAD HURTS MOM-LUNDY
BANCROFT
(HELPING YOUR CHILDREN HEAL THE
WOUNDS OF WITNESSING ABUSE)

Movies

OPEN WINDOW-SEXUAL ASSAULT

AMY'S STORY-DOMESTIC VIOLENCE

IMAGINARY WAR-SEXUAL ASSAULT



**Community Referral Agency
is providing this page for
information only & is not
affiliated with any entity
shared on this page**



Donations needed in shelter

CRASHELTER.ORG

Sometimes a survivor will only be able to leave their home safely with the clothes on their back. While in shelter they will need basic items to restore their quality of life for themselves and their children. You can view a larger *"WISH LIST"* of needed donations on our web page. The items listed here each month are things we are in immediate need of.

If you are able to help out and drop off a donation, you can do that right at the shelter. If you would rather make a monetary donation, you can mail the donation check to:

CRA
PO Box 365
Milltown, WI 54858

October Donation requests

- XL fitted twin sheets
- Laundry Soap/dryer sheets
- Drawstring FLEX garbage bags
- Batteries- AA & AAA
- Cold medicine, Cough Syrup & drops
- Baby wipes & disinfectant Cleaning Wipes



Donations are greatly appreciated and help us to carry out our commitment to survivors and their children.

Call our 24/7 Crisis Line, 800-261-7233 for help.

Community

Education

CRA works to increase the communities awareness about domestic and sexual violence through community outreach. Part of CRA's mission is to help eliminate violence in our communities, and with that in mind, we offer presentations regarding our services and education on a variety of topics related to domestic and sexual violence awareness to schools, community organizations, church groups and other service providers. If you are interested in learning more about the cycle of violence and how to help stop domestic violence and sexual assault in your community, Call us at **715-825-4414** to find out more.

Support Groups

All groups are held every week unless noted.

Please call to sign up 715-825-4414

POLK COUNTY GROUPS:

MONDAY'S:

Amery S.T.A.R.S. Group: From 4-5 pm
(Surviving Trauma Advocacy Resource Support)

TUESDAY'S:

Osceola S.T.A.R.S. Group: From 6-7 pm
(Surviving Trauma Advocacy Resource Support)

WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm
Milltown S.T.A.R.S. Group: from 2-3 pm
(Surviving Trauma Advocacy Resource Support)
Domestic Violence Education Class: from 10-noon
every other Wednesday

THURSDAY'S:

Milltown Family Group: Dinner from 5-5:30pm
F.U.N. Family Group Milltown: from 5-6pm
Milltown S.T.A.R.S.: from 6-7 pm
(Surviving Trauma Advocacy Resource Support)

Burnett County – 715-349-7272

Burnett County Group: from 4-5 pm on Monday

Barron County – 714-651-4969

Barron County Group: from 5:30-6:30 on Thursday



your donations are greatly appreciated
JULY & AUGUST 2018

RIVER BIRCH DENTAL

A HUGE thank you to Dr. Vargas & staff from River Birch Dental in Centuria. Community Referral Agency was the August recipient of \$2,500.00 in their new community giving program for non profit agencies.

For each NEW patient that comes in to River Birch Dental, they donate \$40.00 to their chosen non profit for the month.

This kind and very much appreciated donation will be used by CRA towards a passenger van purchase to transport families at the shelter. If you are looking for a new dentist, stop in to see Dr. Vargas and her staff. They are warm, caring individuals and they will treat you well.

Pictured left to right: Krystal Zunga, Kelsey Nelson, Dr. Georgie Vargas, Joan Spencer from CRA, Ashley Stempf, Crystal Rommel & Jan Pedersen



GRANTS

Hugh J. Anderson
 Otto Bremer Foundation
 Indianhead Community Action Agency
 Compeer Financial

IN KIND DONATIONS

\$11,725

INDIVIDUAL CASH DONATIONS

College Street Brewing
 Automotive Adventures
 Nichole Taylor
 Stan's Radiator Service
 Sarah Caston
 Hummer's Rendezvous
 Burkman Painting
 In Stiches Custom Interiors
 Luann & Larry Ebersold
 Jensen Sundquist Insurance
 Mindy's Menagerie Salon
 Cards for a Cause
 We are Grantsburg
 Nichole Bjelland
 Midtown Tavern
 View Point Lodge
 Darryn & Jessica Mott
 Tippy Canoes
 Leigh Wahlen
 Indianhead Credit Union
 Brian Germain
 Anthony Lamere
 Angela Noll
 Michele Dewitt
 Anonymous
 Jay & Brenda Stackhouse
 Anonymous
 Siren United Methodist Church
 St. Joseph's Council of Catholic Women Council
 Blue Hills Intarian
 St. Croix Lioness