



# CRA INSIGHTS

Information to grow with



## *Fundraising* Designer Purse Bingo

We are very excited! Our Purse Bingo Fundraiser is almost here! We have been collecting purse sponsor donations, purchasing the designer bags and getting our BINGO supplies ready!

Our event, held on November 17th, 1 p.m. at Cricket's Bar & Event Center in Amery, will be a launching pad to raise funding to purchase a new passenger van for the shelter!

Seating is limited to the first 378 participants. Because of this, we are pre selling the BINGO packets on Friday, November 16th at Cricket's from 1-6 pm. Guaranteeing you a seat at Saturday's event.

If you cannot make it on Friday, you can still purchase a packet on Saturday if seats are still available.

## UPCOMING EVENTS



### november 17th

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

## WEBSITE

[CRASHELTER.ORG](http://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.

# Holidays & Domestic Violence

CRASHELTER.ORG

You would think that during the holidays, with increased stress for creating the perfect holiday, increased alcohol consumption and endless get togethers with families and friends, that domestic violence would increase during the holiday season.

In fact, according to a 2010 report released by the National Resource Center on Domestic Violence, shows that they were not able "to find any reliable, national study linking the holidays with an increase in domestic violence".

Monica McLaughlin, the deputy director of public policy at the National Network to End Domestic Violence states that the persistence of the myth betrays a lack of understanding about how abuse works. Domestic violence is not simply isolated acts of physical violence, but rather a pattern of behavior. Perpetrators use a range of tactics-including emotional, verbal, economic and sexual abuse- to control and intimidate victims. **"Coercive control doesn't take a vacation," she said. "It's there all the time. This is an adult person making deliberate decision to control another person."**

It is common for victims of domestic violence or sexual assault to NOT report an instance of domestic violence during the holidays in an attempt to keep the image of the perfect family alive.

The pressure of keeping the family together, giving the children a "family" holiday and being there to cook the perfect holiday meal can sometimes be enough of a reason for survivors to stick out the abuse through the holidays. By staying, the survivor also won't have to answer to family and friends as to why they are leaving at what is designated as a family time of the year. Often small children will also ask questions such as, how will Santa find us if we leave? It is also a time of financial strain for many families making the effort to leave the situation less likely to happen at that time.

## Average days vs. holidays

The National Resource Center on Domestic Violence has been tracking calls to the National Domestic Violence Hotline on average days versus holidays. Below are the number of calls received at the hotline in 2016 on an average day, compared the number received on several major holidays.

Average day: 829

Thanksgiving: 486

Christmas Eve: 531

Christmas Day: 560

New Year's Eve: 634

New Year's Day: 650

**Source: The National Resource Center on Domestic Violence**

# Safety Plan

**Every person has a different time that they feel that is the "right" time to leave an abusive relationship.** Regardless of when you leave, it needs to be safe to leave for you and your children. In order to create a safe exit, a SAFETY PLAN should be followed.

**1. Put the right numbers on speed dial.** If you have a mobile phone, put the following numbers on speed dial/in your address book:

- The local helpline at **CRA 800-261-7233**
- The local police number
- The number of a close friend, co-worker or family member who can be on standby to get you out of the situation or act as witness.

For those who fear that their phone may be taken away from them, memorize all important numbers so, if need be, you can call from a public pay phone.

**2. Have a 'Safe' word/phrase.** In violent or emergency situations, you may not be able to text or say much. Have an agreed 'safe' word or phrase with your close friend/co-worker or family member who agrees to have their phone on standby to receive any emergency calls/texts. Keep it short and simple.

**3. Download a safety app.** If you have a smart phone, consider downloading a safety app, like Aspire, for women, many of which have been designed to automatically alert your support network if you are in danger.

**4. Keep your phone (and some money) on you at all times.** Also remember to keep it fully charged at all times. You will never know when a situation will erupt, so it is crucial to have it on hand, especially if you know you might be alone with your abuser. Also have cash in hand in case you need to make a run for your life.

**5. Arrange for an ally in advance.** If you are going to spend the holiday season with extended family and you know who would believe and support you, call that person in advance to ask him or her for support and intervention should a situation turn violent. This option may not be available for all victims/survivors but it would be a feasible one for many, especially if visiting their own parents, siblings, cousins etc.

**6. Always have an audience.** Use holiday visits to extended family and friends as a chance to minimize being alone with your abuser. At best, being in company will keep the violence in check. At worst, if violence does happen, it will happen publicly and you may have others stepping in to intervene or at least a few witnesses.

**7. Defuse it.** Walking away from a potentially explosive situation may help temporarily alleviate the abuse and avoid injuries and deaths. Plan ahead with an ally (a friend or family member who will be with you for Christmas and who will support you) to run interference and get your abuser distracted by food, alcohol, a sporting

**8. Have an escape plan.** When you are away in a household that is not your own, quietly check out all possible escape routes in the house itself. Better yet, take time to set up a plan of escape including the numbers of people willing to help you get away. If there is a good chance that your abuser will be in a drunken or drug-induced sleep or stupor over the holidays, it may be your chance to escape with your kids and pets.

information shared from The Domestic Violence & Child Advocacy Center



## 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

### November 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*

**SEPTEMBER & OCTOBER 2018**

## MIXED SAMPLER GUILD

The Mixed Sampler Quilt Guild held their annual quilt show at the Webster High School on October 12th & 13th. At their Boutique they sell quilted items with the proceeds going to a local organization. This year they presented Community Referral Agency with a check for \$1,222.00!



## SCRMC



Our Real Life SUPERHEROS at SCRMC collected donations to pose with them for pictures! They were able to collect almost \$1,200.00 to give to CRA to put towards the purchase of a passenger van for the shelter!

## INDIVIDUAL CASH DONATIONS

Bonnie Arnson  
 Scott & Roni Schuler  
 Jay & Brenda Stackhouse  
 River Birch Dental  
 Lakeside Community Lutheran Church  
 The Ridge Run Fundraiser  
 Polk County Snowmobile & ATV Council  
 The Mixed Samplers Quilt Guild  
 Sacred Hearts CCW- Milltown  
 Jennifer Turrentine  
 United Methodist Women-Danbury  
 Holy Trinity Methodist Church  
 Polk County Department of Administration

## PURSE BINGO SPONSORS

Chell Well Drilling  
 Jan Pedersen  
 Polk Burnett Electric Cooperative  
 River Birch Dental  
 Jill Stzok  
 Jena Paquette  
 Marlys Spencer  
 Ace Hardware of Frederic  
 3D Dumpsters  
 Frandsen Bank & Trust  
 The Grace Fund  
 Maxwell Heating & Air Conditioning  
 Milltown Fire Department  
 Vasatka Enterprises Inc  
 Western WI CDL Testing

*" Giving is not just about making a donation.*

*It is about making a difference."*

-Kathy Calvin