



CRA INSIGHTS

Information to grow with



Presentations

Knowledge is power

Community Referral Agency
Advocates continually strive to educate the public about the issues that affect our communities.

Currently we are offering three different subject presentations to any group or organization. Each presentation is facilitated by one or more of our knowledgeable staff. If you would like to learn more, please contact CRA at 715-825-4414 to schedule a presentation.

See page 2 for presentation details

FREE TEEN DATING VIOLENCE PRESENTATION

Increase your
understanding of teen
dating violence

This presentation is open to groups of teens or adults. We will cover everything from what is dating violence to what you can do to help. We will also provide useful resources to help you to learn more

**To sign up your
agency or
organizations, call
Brianna at CRA,
715-825-4414**

An investment in knowledge pays the best interest.

Benjamin Franklin

Free Presentations

INCREASE YOUR
KNOWLEDGE OF

Domestic Violence

Human Trafficking

Teen Dating
Violence

SIGN YOUR GROUP OR
ORGANIZATION UP FOR
ONE OR ALL THREE

INCREASE YOUR
UNDERSTANDING OF
DOMESTIC ABUSE

Free interactive Presentation

allow 45 minutes to 1 hour for the presentation

AN ADVOCATE FROM
COMMUNITY REFERRAL AGENCY
WILL WALK YOU THROUGH THE
DYNAMICS OF DOMESTIC ABUSE

Learn

*why it happens & how you can support
a survivor of domestic violence*

TO SIGN UP YOUR AGENCY OR
ORGANIZATION CALL
DEANINE AT
COMMUNITY REFERRAL AGENCY
715-825-4414

January is
Human
Trafficking
Awareness
Month

Increase your understanding of human trafficking



An Advocate from
Community Referral Agency
will walk you through the
following;

What is Human
Trafficking?
Where is this happening?
Who is at risk?
How does it happen?
Signs to watch for and
what
you can do to help

Choose from two
presentations

Presentation One:
20 minute film, handouts &
question & answer period

Presentation Two:
Power Point presentation
with question & answer
period

ALLOW ABOUT 60
MINUTES FOR EITHER
PRESENTATION

To sign up your organization or group, contact
Heidi at 715-825-4414 or heidic@crashelter.org

TEEN DATING VIOLENCE

a free presentation

**A Community Referral Agency Advocate
will help you to understand;**

What is Dating Violence?

What is considered abuse?

Red flags to watch for

What is consent?

Healthy Relationships

What you can do to help a teen in need

Resources available to you



To sign up your organization or group for this
30-45 minute presentation, contact Brianna at
715-825-4414 or briannas@crashelter.org

Teen Dating Violence

CRASHELTER.ORG

Parents guide

Signs to look for in your teen:

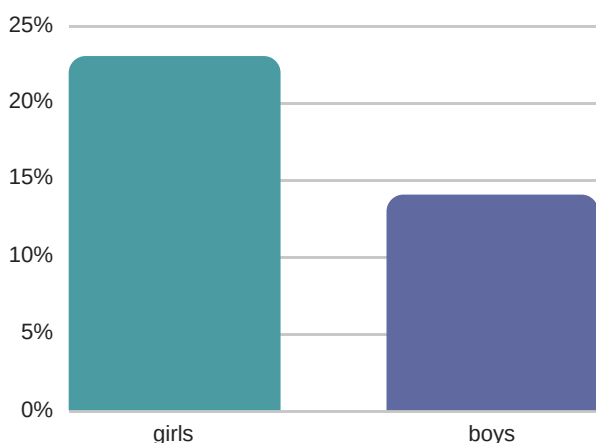
Your teen child is now in a relationship. However, lately you have been noticing that maybe this relationship is not healthy. Your son or daughter has been slowly isolating themselves by not hanging out with their friends or family or no longer is participating in extracurricular events at school. They are seemingly more depressed or anxious. Perhaps they start to dress differently. These are all warning signs to watch for in your child. If you are noticing these changes in your teen, look at their partner to see if you catch them name calling, using excessive texting or emailing constantly, angry outbursts or jealousy. If you are seeing these signs, it's time to have a difficult talk with your teen.

Your suspicions are correct, now what?

Start the discussion.

Your initial reaction is to help in any way you can. Starting a conversation that will lead to your teen leaving the toxic relationship and getting help instead of seeking the support of their abuser is vital to the health of your teen.

A CDC report found among victims of contact sexual violence, physical violence, or stalking by an intimate partner, nearly 23% of females and 14% of males first experienced some form of violence by that partner before age 18.



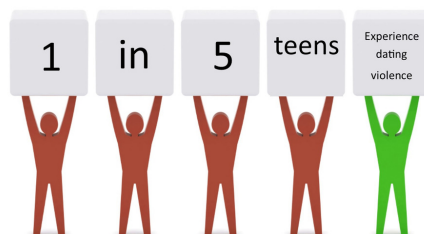
Here are some valuable insights to remember while speaking with your teen.

- 1. Listen & give support:** It is easy to be accusatory, but you need to let your teen know that no one deserves to be abused. They may be embarrassed or ashamed to speak of the abuse.
- 2. Accept what you child is telling you:** Believe what they are telling you. Offer unconditional support. This is where you LISTEN, don't judge.
- 3. Talk about behaviors, not the person:** Remember that your teen is still probably "in love" with their partner. Single out the behavior. "I really don't like that you need to spend so much time texting where you are and who you are with".
- 4. Avoid ultimatums:** *Leaving is the most difficult and often most dangerous time for abuse victims.* If you force them to break it off, ground them or threaten their future dating, chances are you may drive them right back into the arms of their abuser.
- 5. Be prepared:** There are many online sources to educate yourself on teen dating abuse. Do your homework. Then approach your teen with what a healthy relationship looks like.
- 6. Decide on the steps together:** You can ask what steps they would like to take next. If they are still uncomfortable speaking with you regarding their relationship, provide them with any of the support services listed on the following pages.

It is okay if you don't know all of the answers. Be supportive to your teen. If they are unwilling to talk right away, back off and try again at a later date.

My child isn't in a relationship right now.

This is the perfect time to approach your child and talk about healthy relationships, what they look like, are their friends involved in healthy relationships, what signs to look for in their own relationship and/or their friends relationships. Let them know that they have your support and can come to you with any dating concerns. Remind them that they have the right to say "NO" to anything they are not comfortable with. Most importantly, be aware and involved in your child's personal and social media life.



Source: End Abuse WI

Some Myths & Facts

“Oh, it’s not that serious.”

More than 1 in 10 teens experience physical violence in a dating relationship

“It only happens to kids from bad homes.”

Dating violence can happen in all types of homes, and in families of all cultures, income levels and educational backgrounds. Teen dating violence is NOT limited to families with a history of violence

“It can’t happen to my child.”

Boys, as well as girls, can be victims of dating violence. It can occur in any type of relationship - heterosexual, gay, or lesbian.

Cyber Abuse

Dating violence is no longer constrained to person to person abuse. Many forms of abuse can be carried out with the use of technology, or Cyber Abuse. If you are aware of or suspect that your teen is being abused via a media platform, you need to treat it as you would any form of dating abuse.

Indications of Cyber Abuse :

Here are some of the ways that abuse can play out in media form: *

Partner sent sexual or naked photos

Threatened the teen if the teen did not return a sexual or naked photo

Posted embarrassing photos of teen online

Sent threatening messages to the teen

Took a video and sent it to his/her friends without teens permission

Used/checked teen's social networking account without permission

Sent instant messages to the teen that made them feel scared

Wrote nasty things about the teen on his/her social media page

Sends too many text messages (emails, chats)

Made the teen afraid when they did not respond to cell phone messages

Tips for Parents

TIP: It is never too early to teach self-respect. No one has the right to tell your teenager who to see, what to do, or what to wear. No one has the right to hit or control anyone else.

TIP: Give your teenager a chance to talk. Listen quietly to the whole story.

TIP: If you suspect that your teenager is already involved with an abusive partner, tell your teenager that you are there to help, not to judge. If your teenager does not want to talk with you, help your teenager find another trusted person to talk with.

TIP: Focus on your child; do not put down the abusive partner. Point out how unhappy your teenager seems to be while with this person.

TIP: If your teenager tries to break up with an abusive partner, advise that the break be definite and final. Support your teenager’s decision and be ready to help. Get advice from teen dating violence prevention hotlines or teen counselors how to support your child through a relationship break up.

TIP: *Take whatever safety measures are necessary.* Have friends available so your teenager does not have to walk alone. Consider changing class schedules or getting help from the guidance counselor, school principal, or the police if necessary.

WHAT YOU CAN SAY TO YOUR TEEN

- “I care about what happens to you. I love you and I want to help.”
- “If you feel afraid, it may be abuse. Sometimes people behave in ways that are scary and make you feel threatened – even without using physical violence. Pay attention to your gut feelings.”
- “The abuse is not your fault. You are not to blame; no matter how guilty the person doing this to you is trying to make you feel. Your partner should not be doing this to you.”
- “It is the abuser who has a problem, not you. It is not your responsibility to help this person change.”
- “It is important to talk about this. If you don’t want to talk with me, find someone you trust and talk with that person. You can also talk to someone at a hotline who can help you sort things out.”

* Item adapted from Picard (2007) <http://www.loveisrespect.org/wp-content/uploads/2009/03/liz-claiborne-2007-tech-relationship-abuse.pdf>. Accessed 3/24/11

February is Teen Dating Violence Awareness Month

Important dates for Teen Dating Awareness Month

February 1st - TDVAM Kick Off (Use #TeenDVMonth on social media posts to show support)

February 11th - National School Announcement

February 12th - Wear Orange 4 Love Day

February 14th - Chalk About Love

February 15th - Real Teen DV Stories on Instagram (Follow @breakthecycle on Instagram for details)

February 24th to February 26th - Teen Summit (Follow Teen Summit WI on Facebook for more information on how to register for next year's summit, it's annual!)

Wear Orange on February 12th



Some information in this newsletter was used from the following web sources

uwhealth.org/health/tpoic/special/teen-relationship-abuse/tm7098.html

breakthecycle.org

loveisrespect.org

dare2knowwi.org/

endabuse.org

Learn more

Websites for teens & parents

<https://www.breakthecycle.org/>

<https://www.loveisrespect.org>

<https://nrcdv.org/dvam/tdvam>

<https://www.teendvmonth.org>

<https://dare2knowwi.org/>

Dating abuse

can happen to anyone regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture



24/7 NATIONAL HOTLINES

TEEN DATING ABUSE HELPLINE: 1-866-331-9474

Speak with peer advocates about dating, relationships, and abuse.

NTL. SEXUAL ASSAULT HOTLINE: 1-800-656-4673

Get help and referrals from advocates.

TREVOR LIFELINE: 1-866-488-7386

A crisis intervention and suicide prevention phone service for LGBTQ* youth.

NTL. SUICIDE PREVENTION LIFELINE: 1-800-273-8255

Free, confidential support for people in distress and prevention and crisis resources.

NTL. RUNAWAY SAFELINE: 1-800-786-2929

Share your story with a compassionate person and build a plan together.

NTL. HOTLINE FOR CRIME VICTIMS: 1-855-484-2846

Confidential referrals for crime victims.

NTL. STREET HARASSMENT HOTLINE: 1-855-897-5910

Support, advice, and information for people experiencing gender-based street harassment.



CRA is not affiliated with any of these sites and does not have an opinion or preference to any. The sites were used are for informational use and should be researched to determine if the information provided is valid in your situation.



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

February Donation requests

- XL fitted twin sheets
- Laundry Soap/dryer sheets
- Drawstring FLEX garbage bags
- Twin XL Comforters & Quilts
- Size 4, 5 & 6 diapers
- Dry cereal & canned soup
- Shampoo & Conditioner



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



JANUARY 2019

CASH DONATIONS

Butler Properties
East Immanuel Lutheran Church
Lamoyne & Renee Emerson
First Lutheran Church-Cushing
Joe's Heating & Air Conditioning
Katheryn Kienholz
Luck Lutheran Church
Peace Lutheran Church
Redeemer Ladies Aid

Trinity Lutheran WELCA
Trinity Women of the ELCA
Yellow Lake Lutheran Church
Zion WELCA of Trade Lake
Tom & Judy Scott
Siren Covenant Women
St. John's Guild of Clear Lake
Town of McKinnley

JANUARY IN-KIND DONATIONS

\$4,865.00



*Thank
you!*

Thank you to the Natural Alternative Co-op in Luck. CRA was chosen to be their "Round Up" Non Profit for November & December. They raised over \$600.00 to donate to the CRA Shelter.

Thank you to the Natural Alternative Co-op & their customers!

AIDING SURVIVORS & THEIR FAMILIES

While the majority of funding for this shelter comes from very generous grants and personal cash donations, we still need help with the day to day needs of our clients & their families.

We are fortunate to have the support of some very loyal donors.

How can you help?

Take a look at the flyer on the right.

It may give you an idea that you didn't know about.

If you would like more information regarding any of these donation options, please give us a call at 715-825-4414.

We appreciate your support!

HOW CAN I HELP?



In Kind Donation
These are donations of new personal items, baby care items, person hygiene items, cleaning products, new or gently used household items, clothing, toys, furniture



Cash Donation
We use cash donations to purchase items such as food, toiletry items, cleaning products, diapers or what ever is needed in shelter. Mail to CRA, PO Box 365, Milltown, WI 54858



Thrivent Choice Dollars

Thrivent Choice allows eligible members to recommend where Thrivent distributes part of its charitable outreach funds. For information visit the Thrivent Choice page on Thrivent.com.



amazonsmile

Every time you purchase on AMAZON.COM, they will donate to CRA. Just go to smile.amazon.com before purchasing and pick **Community Referral Agency**. You are making a donation that doesn't come out of your pocket!



Fundraising Events

Participate, volunteer or share our events on social media. We do a lot of fundraising to keep up with the needs at shelter. "LIKE" our Facebook page to keep up on current fundraisers.



All donations are greatly appreciated by Community Referral Agency & clients.

We would not be able to continue our work with out you.