



CRA INSIGHTS

Information to grow with



Purse Bingo

Purse Bingo is by far our best fundraiser. Not only is it tons of fun, but we are raising money for a great cause. This year we are hosting our first Designer Purse Bingo in the Rice Lake area! We currently have an advocate serving Barron County for sexual assault cases and wanted to make sure that anyone that needed those services were aware that CRA was in Barron county to support survivors.

Join us on Saturday, April 13th at The Elk's Lodge in Rice Lake starting at 1 p.m.

We will be pre-selling bingo packets on Wednesday, April 3rd at JJ'S Club 35 in between Luck & Milltown from 3-6 p.m. & Friday, April 5th at Cedar Mall in Rice Lake.

By pre purchasing, you are reserving your spot for the day of the event. There is limited seating so plan to be at the pre sale!

UPCOMING FUNDRAISING EVENTS

PURSE BINGO

saturday, april 13th at the elk's lodge in rice lake!

DENIM DAY

april 24th

wear jeans to work
donate \$5 each to our S.A.N.E backpack fundraiser

GIVE BIG SCV

one day of giving for non profits

please see additional information on pages 3, 4 & 5 inside this newsletter

MAKE A STATEMENT.
THERE IS NO EXCUSE AND
NEVER AN INVITATION FOR RAPE.

April is Sexual Assault Awareness Month & Child Abuse Prevention Month

Sexual Assault

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The Department of Justice defines Sexual Assault as any non-consensual sexual act proscribed by Federal, tribal, or State law, including when the victim lacks capacity to consent.

The laws about consent vary by state and situation. It can make the topic confusing, but you don't have to be a legal expert to understand how consent plays out in real life.

What is consent?

Consent is an agreement between participants to engage in sexual activity. There are many ways to give consent, and some of those are discussed below. Consent doesn't have to be verbal, but verbally agreeing to different sexual activities can help both you and your partner respect each other's boundaries.

The call

The call came in at 1:18 a.m.. The shelter called to tell me that I was to report to a Sexual Assault Nurses Exam (S.A.N.E.) at the hospital. As I was quietly getting dressed so not to wake my family, my thoughts were on the sexual assault survivor. This call was for a young woman who lived in our area. I had been on enough of these calls as an advocate for a local sexual assault/domestic violence shelter to know that this wasn't going to be an easy night for her.

When I arrived at the hospital, I hurried into the ER where the assault victim was already in a hospital gown waiting for her exam. Tears streaked down her face, her hair was a mess, bruises starting to form under her eye and around her neck. She had no one in the area to call as she lay there re-counting her rape, thinking about what happened. The man who assaulted her on her way to her car after her work shift, was a customer that came in often to the restaurant she worked at.

Continued

My heart broke for all she went through and all that she will need to deal with moving forward. An advocate's job is to provide support during and after the exam. I introduce myself and told her that I was here to offer support if she needed it, she seemed to relax a bit. This was just the start of a long road of recovery.

Sometimes, it will take a S.A.N.E. Nurse quite a while to get to the hospital. They may have to travel from another county. Within the hour, the Nurse arrives. She starts her job collecting evidence for the Rape Kit.

Imagine if you will, being alone, violently raped, with no family around to give you support, laying in a hospital emergency room with the last of your humility draining away. This is the reality of a sexual assault situation. It is potentially the start of a legal process that will constantly remind the survivor of that night, over and over again as they recount the events to various medical, law enforcement, the prosecutor, and if they are lucky, therapists to help them learn to heal.

In a report published online at FiveThirtyEight.com on January 2, 2018, they determined by a survey that out of 100 incidents, 84 women reported sexual assault as well as 16 men. "Most research on sexual violence focuses on male perpetrators and female victims, though the NCVS estimates that men were victims of over 51,000 incidents of rape or sexual assault last year". Another startling fact reported is how the victims knew their offender. Out of 100 incidents surveyed 33 reported being in an intimate relationship with the offender, 39 reported being attacked by an acquaintance and 19 reported not knowing their attacker. Surprisingly, out of 100 incidents 77 were NOT reported to the police. Why would they not report it? Fear of not being believed, self-blame and concerns about how the justice system will handle the incident. The main reason for not reporting to the police is fear of reprisal or the fact that they consider the event a private matter.

For more information on Tips for talking with survivors of sexual assault go to <https://www.rainn.org/articles/tips-talking-survivors-sexual-assault> to read more.

Denim Day

How it started :

The Denim Day story begins in Italy in 1992, when an 18-year old girl was raped by the 45-year old driving instructor who was taking her to her very first driving lesson. He took her to an isolated road, pulled her out of the car, removed her jeans and forcefully raped her.

She reports the rape and the perpetrator is arrested and prosecuted. He is then convicted of rape and sentenced to jail. Years later, he appealed the conviction claiming that they had consensual sex. The Italian Supreme Court overturned the conviction and the perpetrator was released. A statement from the Court argued that because the victim was wearing very tight jeans, she had to help him remove them, and by removing the jeans it was not rape but consensual sex. This became known throughout Italy as the "jeans alibi."

Enraged by the verdict, the women in the Italian Parliament launched a protest wearing jeans on the steps of the Supreme Court. This protest was picked up by international media which inspired the California Senate and Assembly to do the same on the steps of the Capitol in Sacramento. Patti Occhiuzzo Giggans, Executive Director of Peace Over Violence, saw this in the media and thought everyone should be wearing jeans to protest all of the myths about why women and girls are raped. Denim Day in LA was born. The first Denim Day in LA event was held in April of 1999, and has continued annually since.

Wear Jeans to Work

April 24, 2019

Talk to your BOSS. Let them know that you want to help out a great cause in support of Sexual Assault Awareness Month.

Community Referral Agency is asking that each person that wears Jeans on April 24th to work, pay a \$5.00 fee to their Boss. Your Boss will then send the money collected to CRA.

This year Community Referral Agency is going to use the donations collected to purchase and supply 12 "Go" bags. These are bags that our Advocate will keep in their car for when they are called out on a hospital S.A.N.E. Exam after a sexual assault.

"Go" bags

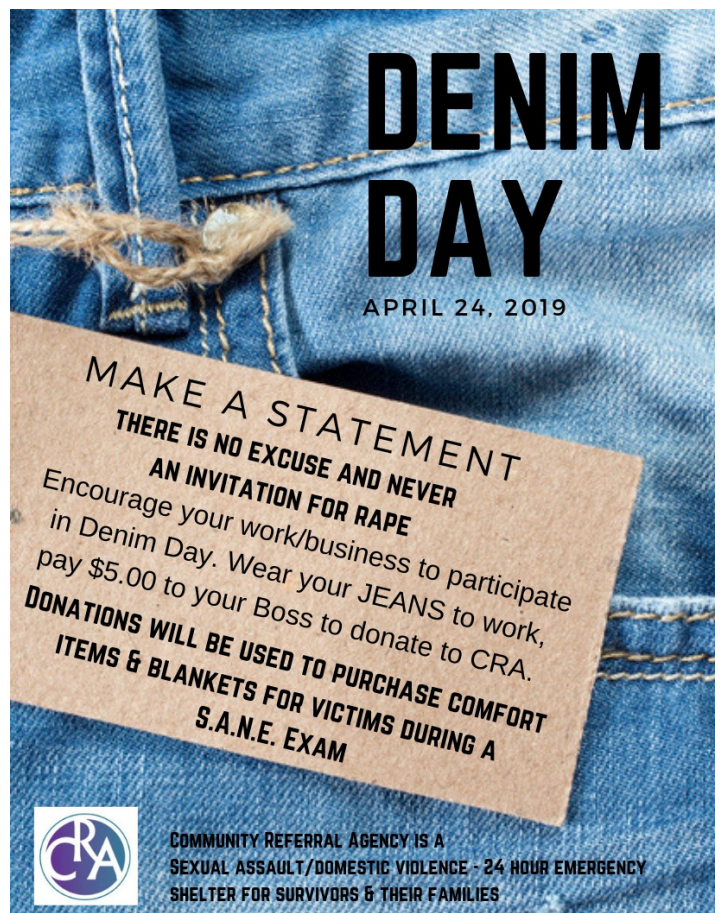
So what is in a "GO" bag?

We plan on packing each bag with items that a survivor of sexual assault may need during or after their exam.

- **Sweatpants, t shirt, underwear:** Sometimes the survivor isn't able to take their clothing with them. It may have been taken for evidence or it may have been ruined in the attack.
- **Snacks & water bottles:** The wait for a S.A.N.E. Nurse can sometimes take some time. Sometimes they nurses to travel many miles to come to the hospital to provide medical testing.
- **A small soft blanket:** Let's face it, hospital exam rooms are usually cold and stark. After experiencing the trauma of sexual assault, something warm and soft might be welcomed.
- **Personal items:** Comb, chap stick, lotion, hair binder, etc.

These bags will stay with the Advocate, be used only for S.A.N.E. exam visits and will be re-stocked after each survivor exam.

The money raised for Denim Day will be used to purchase these items and to continually spread awareness and education to our communities.



Child Abuse Prevention Month

Preventing Child Abuse



What You Can Do

To prevent child sexual abuse, it is important to keep the focus on adult responsibility while teaching children skills to help them protect themselves.

Consider the following tips:

- Take an active role in your children's lives. Learn about their activities and people with whom they are involved. Stay alert for possible problems.
- Watch for "grooming" behaviors in adults who spend time with your child. Warning signs may include frequently finding ways to be alone with your child, ignoring your child's need for privacy (e.g., in the bathroom), or giving gifts or money for no particular occasion.
- Ensure that organizations, groups, and teams that your children are involved with minimize one-on-one time between children and adults. Ask how staff and volunteers are screened and supervised.
- Make sure your children know that they can talk to you about anything that bothers or confuses them.
- Teach children accurate names of private body parts and the difference between touches that are "okay" and "not okay."
- Empower children to make decisions about their bodies by allowing them age-appropriate privacy and encouraging them to say "no" when they do not want to touch or be touched by others—even in nonsexual ways.
- Teach children to take care of their own bodies (e.g., bathing or using the bathroom) so they do not have to rely on adults or older children for help.
- Educate children about the difference between good secrets (such as birthday surprises) and bad secrets (those that make the child feel unsafe or uncomfortable).
- Monitor children's use of technology, including cell phones, social networking sites, and messaging. Review their friend's lists regularly and ask about any people you don't recognize.
- Trust your instincts! If you feel uneasy about leaving your child with someone, don't do it. If you are concerned about possible sexual abuse, ask questions.

- If your child tells you that he or she has been abused, stay calm, listen carefully, and never blame the child.

Thank your child for telling you. Report the abuse right away.

To report child abuse or neglect, please contact your local law enforcement or Child Help USA at 1.800.4 A Child (1.800.422.4453).

Remember: You can help protect your children from sexual abuse by being active in their lives and teaching them safety skills.

Signs of possible Sexual Abuse

The following **may** indicate sexual abuse and should not be ignored:

- Unexplained pain, itching, redness, or bleeding in the genital area
- Increased nightmares or bed wetting
- Withdrawn behavior or appearing to be in a trance
- Angry outbursts or sudden mood swings
- Loss of appetite or difficulty swallowing
- Anxiety or depression
- Sudden, unexplained avoidance of certain people or places
- Sexual knowledge, language, or behavior that is unusual for the child's age

This tip sheet was created using information from Prevent Child Abuse America, the National Child Traumatic Stress Network, the Enough Abuse Campaign, and Stop It Now. At <https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/>, you can download this tip sheet and get more parenting tips, or call 800.394.3366.

Wear BLUE on April 5th to support survivors of child abuse

Fundraising

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April is a busy month for fundraising!

Designer Purse Bingo

Mark April 13th on your calendar to attend our Designer Purse Bingo fundraiser. It will be held at the Elk's Lodge in Rice Lake, WI.

We had so much fun at our last Purse Bingo Fundraiser, we are doing it again!

Did you know that in addition to the shelter located in Milltown, we also have Advocates serving Barron and Burnett counties. Our advocates work along local S.A.R.T., End Abuse, local law enforcement and other local agencies. They can provide support to survivors offering them support groups, medical and legal advocacy and many other services. They also work alongside our shelter advocates providing education to our communities.

We are hosting our Purse Bingo Fundraiser in Rice Lake for a couple of reasons. One is to get people to start recognizing CRA's logo and that we have a full time advocate in Rice Lake to handle crisis calls, S.A.N.E. Exams and education. The second reason is to raise funds to purchase a used car. The car will help these advocates with transfers from Sexual Assault medical exams, legal appointments and so much more .

Because of the limited seating we will be pre selling Bingo packets on Wednesday, April 3rd at JJ's Club 35 (between Luck & Milltown) from 3 p.m. - 6 p.m. and on Friday, April 5th at Cedar Mall Herberger's hall entrance Rice Lake from 1 p.m. to 6 p.m.

Please contact Joan or Brandy at 715-825-4414 or joans@crashelter.org or brandyh@crashelter.org. Any donations can also be mailed to : CRA, PO Box 365, Milltown, WI 54858. Please note PURSE BINGO in the memo so we can provide the appropriate tax receipt and thank you!

Help us out with a Purse Sponsorship

Of course when hosting a fundraiser like this, we incur certain costs prior to the event. In order to help us out, we are looking for Purse Sponsors. We will be purchasing designer bags to use as prizes. Although these bags retail for \$150.00-\$400.00, we will be doing our best to shop the sales to obtain the best pricing before purchasing the designer bags.

WOULD YOU BE WILLING TO HELP US REACH OUR GOAL?

Our donation structure is as follows:

\$150.00 - SILVER SPONSOR - Sponsorship of a tier one bag

\$250.00-GOLD SPONSOR- Sponsorship of a tier two bag

\$500.00-SUPER DONOR- Includes one reserved table for 8 BINGO participants & one tier two purse sponsorship (includes lunch buffet served from 11-a.m - 1 p.m.) Does not include any additional BINGO packets or raffle purchases. \$62.50 a person!!!

For your generous gift, your business, organization or group name will be posted at the event as well as on our website, FACEBOOK, and the local paper as a donor. We hope that we can count on you to help us with this event.



The flyer is for a "Designer Purse Bingo" fundraiser held on Saturday, April 13th at the Elk's Lodge in Rice Lake. It features a red and black color scheme with illustrations of women in elegant dresses. The ticket price is \$45, which includes 15 regular bingo games and a buffet lunch served from 11 a.m. to 1 p.m. The event is limited to 350 seats, and pre-sale packages are available on Friday, April 5th, from 1 p.m. to 6 p.m. at Cedar Mall. The flyer also mentions additional raffles and special bingo games throughout the day. At the bottom, it states that the fundraiser is brought to you by the Community Referral Agency (CRA), an outreach and emergency shelter serving survivors of domestic abuse/sexual assault and their families. Logos for CRA and United Way St. Croix Valley are included.

Designer Purse Bingo

Saturday April 13th

Held at the Rice Lake ELK'S Lodge
36 E. Eau Claire St. Rice Lake

\$45

Package includes 15 regular Bingo Games and Buffet Lunch
Lunch served from 11 a.m. to 1 p.m. only

Additional Raffles & Special BINGO games throughout the day!

ONLY 350 seats available

PRE SALE Bingo Packages to reserve your spot being sold on **FRIDAY, APRIL 5th** from 1 pm to 6 pm at the CEDAR MALL Herberger entrance
Cash or check only

Doors open at 11 a.m. on Saturday

This fundraiser is brought to you by Community Referral Agency an outreach and emergency shelter serving survivors of domestic abuse / sexual assault & their families

give Big St. Croix Valley

go to :

www.givebigscv.org/organization/Community-Referral-Agency



24 hours of giving for non profits

April 30th

Don't just live BIG, giveBig

On April 30, 2019 our community will come together for giveBig St. Croix Valley, and we need YOU to join us! It is 24 hours of unprecedented giving-and it is your chance to make a real difference, right here in our community.

If you love Community Referral Agency, what it does and the people that we help, then we are asking your help. By showing your love for CRA through giveBig SCV, you will help us to reach our goal so that we can put in new security cameras in our parking lot!

Join us on April 30th.

Goto www.givebigscv.org/organization/Community-Referral-Agency to make an online donation. You can make a donation at anytime before midnight. Remember any amount you can give adds up.

Make sure to go to our FACEBOOK page at crashelter.org to follow our progress on April 30th.



We will be at Wayne's Food's in Luck set up in the entrance on April 30th from 10 a.m. until 6 p.m. if you would like to stop by and make a giveBIG donation to CRA

Help us reach our goal of \$3,000.00 to put in place security cameras in the shelter parking lot

24 hours of giving!



To donate, please go to www.givebigscv.org/organization/Community-Referral-Agency

We are always available

Community Referral Agency



7 days a week

If you need help, call us

24/7 CRISIS LINE: 800-261-7233

24/7 CRISIS TEXT LINE: 715-533-3359

providing shelter for survivors of domestic violence & sexual assault

Want to learn more about CRA?

Check out our website: crashelter.org

Our website is packed with information. You can learn who we are, how CRA started and what you can do if you fear someone may need our help.

LIKE our Facebook page:

We update our Facebook page often. It always has interesting facts to help you become educated about the tough subjects we deal with. Human Trafficking, Teen Dating Violence, Elder Abuse Sexual Assault, Domestic Violence, and more. This is one of our primary spots to post our fundraising activities.

REMEMBER that you have to **LIKE** our page, not just like a post to make sure you catch everything we post.

Remember to POST, PRINT & SHARE our information. We would love to have you help us spread information and raise awareness.



Donations needed in shelter

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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

April Donation requests

- Deodorant
- Laundry Soap/dryer sheets
- Drawstring FLEX garbage bags
- Tennis shoes-all sizes kids & adults
- AA & AAA Batteries
- Floor cleaner & dish soap
- 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