



CRA INSIGHTS

Information to grow with



Donations

THANK YOU! Due to your generous support, our storage area is overflowing with clothing! Because of this, we are no longer accepting clothing for the shelter. We will let you know when we are in need of specific clothing items. Each month we also post in this newsletter as well as on Facebook, our current shelter needs.

This month we are running low on the following:

Hair conditioner

Liquid hand soap

Dish soap

Disinfectant wipes

We are also in need of the following furniture, in good condition:

Dressers

End Tables

Tables & chairs

Living Room furniture

UPCOMING EVENTS

4th annual polk
county suicide
prevention walk/run
saturday, may 18th
8:45 am registration
Speaker john moe

SAVE THE DATE!

our next designer
purse bingo event will
be held on November
23rd at Brow Tine
(formerly Cricket's)
more info to be
posted on our
Facebook page

STAY UPDATED

make sure that you
"LIKE" our Facebook
page @crashelter



Suicide & Sexual Assault

Survivors of sexual assault are 10 times more likely to attempt suicide than those who haven't experienced sexual assault. * Researchers have also found that survivors who's first sexual assault occurred before the age of 16 were at an even more increased risk, with suicide attempts being three to four times higher than those assaulted after the age of 16.

Like it or not, there is still a stigma connected to sexual assault. This stigma leads to many cases not being reported, 77 out of 100 cases were NOT reported to the police according to a report published online at FiveThirtyEight.com. The reasons for not reporting include fear of not being believed, self-blame or victim blaming & harassment from peers or family. Because some survivors believe that it is a private matter, they may not share the incident with law enforcement, family or friends. This can lead to depression or post-traumatic stress disorder. These two conditions often contribute to suicidal ideation. * Some researchers have discovered that over a third of female rape survivors have contemplated suicide at some point after their assault, and 13 % had attempted suicide. * At this time, similar studies have not been conducted to understand transgender, gender non-conforming or male survivors' experiences with suicidal ideation, though we know these populations are also at increased risk.

Sometimes a survivor will push loved ones away or yell & scream at them. The son, daughter, friend, soon becomes someone they no longer recognize. Their behavior is no longer the person they knew. At this time it is crucial that not only the survivor seek treatment, but also friends and family.

****Suicide, like sexual violence, is preventable. Health organizations & experts uniformly agree that the two most powerful mechanisms to prevent suicide are educating yourself about the warning signs and understanding how to support a friend/loved one.***

Learn all that you can about how to help someone who is struggling. Learn the warning signs to look for, and the many hotline and help centers that can help you and your loved one. We have included a wide range of local and national helplines as well as online references on the following page. Print it off and keep it in an accessible place.

Information from this article has been shared from:
* Kilpatrick, D.G. Edmunds, C.N., & Seymour, A.K. (1992) Rape in America: A report to the nation, Arlington, VA: National Victim Center & Medical University of South Carolina

NSVRC: An article from: What puts survivors at increased risk for suicide and how to help/National Sexual Violence Resource Center www.nsvra.org/blogs/what-puts-survivors-increased-risk-suicide-and-how-to-help

Suicide & Domestic Violence

**Multiple studies have found that domestic violence survivors have a higher than average rates of suicidal thoughts, with as many as 23% of survivors having attempted suicide compared to 3 % among populations with no prior domestic violence exposure.

It's important to recognize the link between domestic violence and suicide. Some survivors may come forward with information about the violence, but they may not mention the feelings of hopelessness and helplessness that accompany it. Other survivors may talk about or even attempt suicide, but might not connect their suicidal feelings with domestic violence. Even trained professionals may focus on their area of expertise-either domestic violence OR suicide- and overlook the connection between the two.

***Many domestic violence victims try to change their behavior because horrible attacks are leaving them hopeless, helpless & confused.

The horrible crime of domestic violence often results in a woman isolating herself and becoming clinically depressed.

Many women feel trapped and powerless, and do not receive treatment for depression, and thus believe that suicide is the only way out.

Also, many children who are in households where domestic violence occurs attempt suicide. Children are deeply affected by the physical and emotional abuse; they too feel powerless , and oftentimes become depressed. They may seek to end their own pain and escape the horrors of domestic violence with dying by suicide.

Police will treat intimate partner violence as a high priority because the situation may become life threatening. A suicidal victim remains in danger of lethal self harm even after removal from the abusive household.

In some cases, an abusive partner will threaten self harm or suicide to coerce a partner into doing what they want. This is also considered emotional abuse. An abusive partner will use a victim's feelings to make sure they do as they say. In most cases this includes forcing the partner to stay in the home with the abusive partner, threatening to do harm to him (or her) self if the victim doesn't agree to the demands. The survivor often feels like they need to give into the demands to avoid a harmful outcome.

Remember that there are many ways to reach out and get the care and support that you may need. Never hesitate to ask for help.

Information from this article has been shared from:
** online at www.donesticshelters.org/articles/health/domestic-violence-survivors-at-higher-risk-for-suicide

***online at www.suicide.org/domestic-violence-and-suicide.html
CRA is not affiliated with any of these sites and does not have an opinion or preference to any. The sites listed are for informational use and should be researched to determine if the information provided is valid in your situation.

Warning signs

DOWNLOAD A PRINTABLE VERSION AT [/S/SUICIDE-WARNINGS-SIGNS-RISK_FACTORS.PDF](#)

These signs may be red flags and may indicate that someone is at high risk for attempting suicide :

- Starting to use more alcohol and drugs
- Searching online to purchase a gun or another way of ending their life
- Withdrawing from activities
- Isolating from family, friends & loved ones
- Sleeping too much or too little
- Saying their goodbyes to others
- Giving away their valued possessions
- Becoming aggressive
- Becoming fatigued

What to do MAYOCLINIC.ORG

If someone appears suicidal, learn the questions to ask & how to get the right help

When someone says he or she is thinking of suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. You may not be sure what to do to help, whether you should talk of suicide seriously, or if your intervention might make the situation worse. Taking action is always the best choice.

Here is what to do.

The first step is to find out whether the person is in danger of acting on suicidal feelings. Be sensitive, but ask direct questions, such as:

- How are you coping with what's been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about suicide?
- Have you ever thought about suicide before or tried to harm yourself?
- Have you thought about how or when you would do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

Asking about suicidal thoughts or feelings won't push someone into doing something self destructive. In fact, offering an opportunity to talk about feelings may reduce the risk of acting on suicidal feelings.

Start the conversation

[BREAKTHESILENCE.ORG](#)

Start the conversation with statements like, "I've noticed some changes in you lately and wanted to know how you are doing?" or "I wanted to check in with you. You haven't seemed like yourself lately".

From there you can ask some of the following questions:

- When did you start feeling like this?
- Did something happen that made you start feeling this way?
- How can I best support you?
- Have you thought about getting help?
- How can I help?

How to be a support

LEARN MORE AT [WWW.MYTEAM.ORG/HOW-TO-TALK-TO-SOMEONE-AFTER-AN-ATTEMPT](#)

- Be available & let the person know you will listen.
- Try to understand the feelings & perspective of the person before exploring solutions together
- It may be advisable to remove possible means to suicide, including drugs & alcohol, to keep the person safe.
- Support the suicidal person in exploring & developing realistic plans & solutions to deal with their emotional pain.
- It is important for the suicidal person to assume as much responsibility as possible for their own welfare as they are capable of at that time.
- Enlist the help of others & make sure you get family & friends to assist you in supporting the person.
- Remember that you do not have to fill the role of counselor, psychiatrist or doctor yourself. Encourage your loved one to utilize the professional supports available to them
- Consider assisting the person to write a safety plan that will detail the steps needed to keep themselves safe if they feel suicidal.

After asking these questions, keep them safe.
Do not ever promise to keep their thoughts of suicide a secret.

Contact numbers

If you are in need of IMMEDIATE help, call 911 !

- National Suicide Prevention Life Line
800-273-8255
- Northwest Connection
888-552-6642
- Hearing & Speech Impaired
800-799-4889
- Teen Line: Teens helping teens
6 pm -10 pm PST
800-852-8336
- Teen Line: 24 hour
800-872-5437
- TREVOR: lesbian, gay, bi sexual,
transgender & questioning youth
866-488-7386
- Veterans Crisis Line
800-273-8255 PRESS #1

Kevin Hines

Kevin was the guest speaker at last years Polk County Suicide Awareness Walk

Hines details his story in the new documentary that he produced, *Suicide: The Ripple Effect*, opening across the United States in over 200 locations on March 14th. He has also authored a memoir, *Cracked Not Broken, Surviving and Thriving After a Suicide Attempt*. Hines' story is definitely resonating—he has over 15,000 followers on Twitter.



Resources

Internet resources

Find information relating to suicide prevention, helpful stories & chatline info

- www.suicidepreventionlifeline.org
- www.mentalhealth.va.gov/suicide_prevention/
- www.imalive.org/
- www.suicideispreventable.org/
- 13reasonswhy.info/
- www.crisistextline.org/
- mentalhealthpolk.org/in-crisis/

4th Annual Polk County Walk/Run for Suicide Awareness May 18th

The Polk County Suicide Awareness Walk includes a non-competitive run. Runners can register as an individual participant and be prepared to run your 5K run on May 18, 2019!

Event Details

Date: Saturday, May 18, 2019

Location: Pine Park, Balsam Lake, WI

Time: Registration begins at 7:30 a.m.

Event Kick Off 8:30 a.m.

Walk begins at 9 a.m.

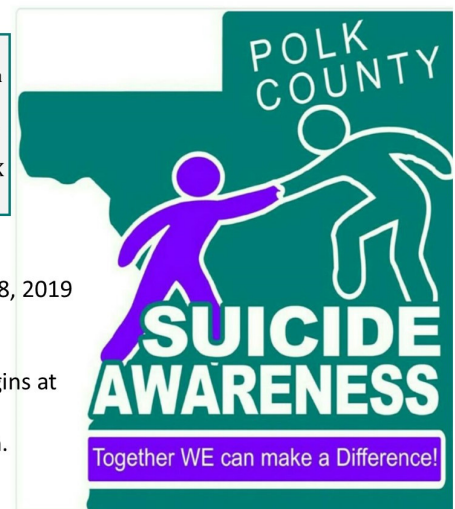
Program: 11 .a.m

Cost: Individual Registration is \$10.

For more information on the Polk County Suicide Awareness Walk,

Special Guest – John Moe!

John Moe is the host and creator of the award-winning hit podcast, "The Hilarious World of Depression," as well as an in-demand speaker around the country. The author of three books (Dear Luke, We Need to Talk, Darth: And Other Pop Culture Correspondences; The Deleted Emails Of Hillary Clinton; and Conservatize Me), his writing has appeared in numerous humor anthologies as well as The New York Times Magazine, McSweeney's, The Seattle Times, and many more publications. He has hosted nationally distributed public radio programs such as Wits, Weekend America, and Marketplace Tech Report, and his radio work has been featured on Marketplace, All Things Considered, and Morning Edition. He lives in Saint Paul, Minnesota



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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

May Donation requests

-  Hair conditioner
-  Liquid hand soap
-  Drawstring FLEX garbage bags
-  Dish Soap
-  Disinfectant Wipes
-  Coffee & creamer
-  Box cake mix and frosting



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.

**United Way
St. Croix Valley**



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



March & April



April was a busy month for fundraising. Not only was it **SEXUAL ASSAULT AWARENESS MONTH**, but it was **CHILD ABUSE PREVENTION MONTH** as well.

Our fundraisers started out with our 1st *Designer Purse Bingo* event held in Rice Lake at The Elk's. We had a smaller turn out, but believe now that people know what is is and just how much fun it is, we will have a full house next time! Proceeds from this event will go towards the purchase of a vehicle, so that our advocates can transport survivors & their families to appointments, etc. Our second fundraiser of the month was our *Denim Day* fundraiser. We encouraged people to wear jeans to work, pay \$5 each & have their company donate the money to CRA. The money collected will go to "Go" bags for our Advocates to keep in their cars. The bags will have comfort items for sexual assault victims as they go through their Sexual Assault Nurses Exam. Our last fundraiser we joined forces with #giveBig. Give Big is a 24 hour period of giving for non profits in our area. Dollars raised through this event will be used to purchase security cameras for our parking lot to help keep our shelter residents & their families safe.

We are still waiting on totals for these events, as donations are still coming in. Stay tuned for next month & a total reveal for each event!

On behalf of our staff, survivors & their families, **THANK YOU** for supporting our fundraising efforts! To find out about what we are planning next **LIKE** our Facebook page @crashelter

Cash Donations

Apple River Conference-WELCA
Ashley Balts
Jennie Calstrom
LeeAnn Davison
Deronda ELCA Women
Ed Saffert Suicide Prevention Foundation
Karen Germanson
Jaquelyn Healy
Holy Trinity Orthodox Church
Deanine Hupe
Independent Insurance Agents of NW WI
Joe's Heating & Air Conditioning
LeeAnn Klawiter
Laketown Charitable Fund
Diana Larson
Cherrise Miller
Andrea Moats
Katie Montigue
Vickie Nelson
Melissa Nispel
Northern Sewer Service, LLC
Jan Pederson
Prevea Health
River Birch Dental
Charolette Saffert
Jay & Brenda Stackhouse
Cory & Kimberly Stipek
United Methodist Church-SCF
United Methodist Church-Osceola
Wolf Creek Methodist Church

In Kind Donations

Almena Meat Company
Amery Middle School
Vickie Bauer
Beauty & You
Beer Cheese Bar & Grill
Kay Bender
The Boardwalk
Bombshell
Kay Bower
Jackie Burns
Sheri Chadwick
Terrie Clish
Crimson Heart Designs
Faith Lutheran Church
Family Restaurant
Lil Folz
Marie Gross
David/Margaret Hanson
His N Hers Hair Studio
Sheryl Holmgren
Rhonda Johnson
Meri Locke
Luck Lutheran Church
Mar Z Alterations
MedSpa
Maxine's
Milltown VFW
Chris Moeller
Jessica Nelson
ProNails
Brittany R.
Sassy Stylin
Serenity Salon
Pastor Diane Norstad
Shelly O'Donovan
Sandi Oachs
Maxine Olson
DJ & Julie Peterson
Uptown Pizza
Western Wi CDL Testing
Wiehes True Value

Thank you for your support



Purse Bingo FUN!



Barron County Agencies support Denim Day

Matching Grant



CRA Director Cheri Moats, John Sorensen from Community Insurance representing Independent Ins agents of NW WI & Joan Spencer, Development Director, CRA

Community Referral Agency received a matching funds grant from the Independent Insurance Agents of Northwest Wisconsin in the amount of \$500.00. This matching funds grant will go towards our fundraising efforts during #giveBig on April 30th. CRA plans to use funds raised to purchase a security camera for our shelter parking lot.

#giveBig support!