

Resources for Survivors of Domestic Violence and Sexual Assault

Open House

By: Lacy Kimes; Norfolk Housing Supervisor

Kris' House of Grace, Bright Horizons' transitional shelter, officially opened on Sunday, November 22nd, 2015. An Open House was held to invite the community in to see the finished project and to meet the staff of Bright Horizons. About 100 people toured the home and enjoyed refreshments. The Open House was started with a dedication of the home, which was led by Pastor Dustin Petz of First United Methodist Church. The rest of the afternoon was spent meeting community members and supporters young and old.

This Open House would not have been possible without the hard work and dedication from 125 volunteers. They put in 304 hours of work to get Kris' House of Grace ready to house women and children that are victims of domestic violence and sexual assault. The entire house was cleaned, painted, repaired and furnished in preparation for the Open House. These volunteers worked up until the day before to make sure everything was in order to invite the community in.

A lot of time and dedication was put into Kris's House of Grace which was very important to Bright Horizons staff. When a family comes into shelter they may be at their worst, and it's our promise to help the family feel as safe and comfortable as we can. This means offering them a clean and inviting place to stay, and that's exactly what Kris' House of Grace offers.

Bright Horizons would like to thank First United Methodist Church for collaborating on this project. Bright Horizons' is dedicated to the elimination of domestic violence and sexual assault through empowerment, education, social action, and support services. And without the help from our community, our daily work as advocates would only begin to change the lives of those that are affected by violence. It's through our supporters that we are able to meet the needs of the survivors that we serve.



Bright Horizons Staff, Steve & Karen Warner,
Pastor Dustin Petz



Pastor Dustin Petz leads a dedication at
Kris' House Of Grace

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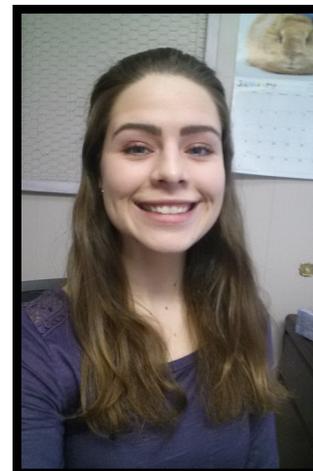
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Volunteer Spotlight

My name is Hannah Eskins, and I'm an intern at the Bright Horizons office in Norfolk. I spend most of my week at shelter but can be found occasionally at the office. I'm from Crofton, NE. I come from a family of five that includes my parents and my younger brother and sister. I graduated from Crofton High School in May 2012 and began my undergraduate experience at Wayne State College that fall. I started out as a psychology major before making the switch to human service counseling with a minor in criminal justice. I'm expected to graduate in May. In addition to being a huge geek, I love to write, read, listen to music, watch television, and collect movies. I enjoy doing these things with my fiancé most of all. This internship is my first real taste of the human services field, and I can't wait to see what this experience brings.



“Hardships often prepare ordinary people for an extraordinary destiny.”-C.S. Lewis

Philanthropists of the Year

By Emily Putters; Norfolk Outreach Coordinator

Bright Horizons is honored to announce that long time supporters and volunteers of our agency, Steve and Karen Warner, have been selected to receive the Philanthropists of the Year Award from the Philanthropy Council of Northeast Nebraska. The Celebrate Giving Event took place February 6th at Northeast Community College Life Long Learning Center where a banquet and award ceremony were held.

Steve and Karen Warner are tireless advocates for families affected by domestic violence. In the past year, Steve and Karen helped facilitate the establishment of “Kris’ House of Grace”, a transitional housing program for survivors of domestic violence, through coordination with Bright Horizons and First United Methodist Church of Norfolk. Kris’ House of Grace is named in memory of their daughter, Kris, who was a fatal victim of domestic violence in 1995 and Grace Gould whose family donated the house to the church.

Steve and Karen Warner turned a tragedy into something good. “We found some way to help someone that was in need. That’s what this is all about.” - Steve Warner



Steve and Karen Warner



Left: Bright Horizons staff Emily Putters, Linda Olson Center: Steve and Karen Warner Right: Bright Horizons staff Zenaida Zarate and Celeste Guzman

Celebrate Giving

By Emily Putters; Norfolk Outreach Coordinator

February 6th the Philanthropy Council of Northeast Nebraska held the Celebrate Giving event at the Life Long Learning Center at Northeast Community College. The Philanthropy Council was established in 2010 with a mission to create a culture of giving in northeast Nebraska. They are comprised of collaborative partners from area non-profit organizations who come together to share resources and support the mission to create a culture of giving. It is so humbling and heartwarming to know the amount of support Bright Horizons has from the community. Every year young individuals are encouraged create and come up with a project that gives back to the community. This year, all 27 youth projects were funded, 4 of which are going to Bright Horizons! What an amazing group of students! Listed below are the pictures of the projects and a description of each one:



Bright Blessings

Bright Blessings will brighten up a child's day by giving them a bag of blessings when they move into Bright Horizons.



Birthday in a Box

Birthday in a Box is helping parents in shelters and temporary housing provide a birthday party for their child.



Purse Power

With Purse Power students will be collecting gently used purses to fill with necessary toiletries for displaced women at Bright Horizons.



"Go-To" Bag

The "Go-To" Bag will provide children who come with their mothers to Bright Horizons with a care package to help ease their transition into their new environment and comfort them.

Christmas Closet

By Emily Elsbury; O'Neill Outreach Coordinator

"Make your Donations a Double Blessing...Give a Gift to be re-Gifted!" Was the theme for this past years 4th annual Christmas Closet held in O'Neill December 8th 2015. The Christmas Closet allows families to choose Christmas gifts for their loved ones of all ages. Anyone in need during the Holiday Season is welcome. A soup supper is also provided by the Knights of Columbus. Bright Horizons staff helps out with this incredible event each year. Our staff decorates the back drop and photographs children with Santa. Kids get to visit with Santa and families receive a printed picture to take home. It is truly an amazing community event and we are proud to be a part of it.



Adopt-a-Family



By Christy Lee; Norfolk Program Director

“Actions speak louder than words,” and your actions have spoken volumes.

Due to those of you who participated in Adopt-a-Family this past December, 48 families with a total of 84 children were able to celebrate Christmas. Coats, snow boots, clothes, household items, toys and gift cards are examples of the gifts those 48 families received. Christmas stockings and plates of cookies also brightened the holiday.

One survivor wrote, “I didn’t realize that there were so many people who care.” Another wrote, “I don’t know what families like mine would do to be safe and to have hope without the support of Bright Horizons.”

But... Bright Horizons would not be able to provide our services without the loyal support of our communities. So, thank you, again for everything you do to help people not live in fear, to not suffer daily in silence and to prevent any more deaths due to domestic violence.

A Letter About Stalking

By An Anonymous Survivor

Do you know if you are being stalked? There is not only one way to be stalked. It may seem flattering at first. The flowers, hand-written letters, chocolates to just name some of the many gifts or tokens that could keep on showing up in your mail box or front door. The never ending voice-mails professing their love and how you are soul mates entwined for eternity. The flattering gestures becoming insistent, almost desperate in a way. The calls and voice-mails that were only once or twice a day are now twenty missed calls every hour of every day. The pursuer ranting how the love you share is immortal. That there is not a choice, but be together. He cannot and will not live another day without you by his side or he will commit suicide. Because one more day without you in his life is like living and breathing the deepest, darkest hell. He is begging you with tears over the phone to come over one more time. “Just one more time, please. I am begging you. I need to see your face. I love you from the bottom of my heart,” He says. You then leave the bonfire you are at with friends on a Saturday night to go back to your apartment and pick up some clothes quickly and your dog because you have to work the next day and it is a thirty-five-minute drive one way. You arrive. You are terrified what you will find. He answers the door. There is something off about his body language. He is swaying side to side. You try to hold back the tears that want to spill down your face. A mask covers your emotions. Immediately you return to the past and make him something to eat because you have no idea what else to do. Or what to say. He says he took a large amount of pills. You scramble your thoughts. What do you do? Should I call the police? 911? “He is frightening me”, you say to yourself. But you still have that mask on so you make him go to the bathroom and throw-up the scrambled eggs you made him swallow. Afterwards in the living room he sits in a chair across from you looking into your eyes. Searching your face for a glimpse of remorse or some sort of break-through for his sake. You feel like screaming for help. Or running away. But for some reason you stay. All of a sudden you’re pushed up against the wall in the hallway. He kissing you with such ferocity that there seems that there isn’t enough room to breathe. The closeness is suffocating you. You try and try to push away, but he then holds you tighter. You keep saying no in a playful way as to not get him mad. He is not getting it. You want it to stop. You’re in the bedroom. He is on top of you. He can’t see the tears streaming silently down your face. It is over and you feel violated in the most disturbing way imaginable. He is holding onto you like you are not allowed to leave. You regret giving in. You regret everything leading up to the immediate circumstances. The confusion is overwhelming, consuming. You don’t understand what just happened. You just want to go home.



Don’t let this be you. Catch on to the warning signs before the stalking escalates and threatens your safety. You are not alone. Call 1-877-379-3798 for immediate help.

Human Trafficking - Prevention Corner

By Amanda Veit; Norfolk Criminal Justice Liaison

Human trafficking is a form of modern slavery. It is a multi-billion dollar criminal industry that denies freedom to 20.9 million people around the world. And no matter where you live, chances are it's happening nearby. From the girl forced into prostitution at a truck stop, to the man discovered in a restaurant kitchen, stripped of his passport and held against his will. All trafficking victims share one essential experience: the loss of freedom. Human trafficking is the recruitment, transportation, or harboring of a person by means of force, fraud, or coercion for the purpose of sexual exploitation or forced labor. Each year in the United States alone 14,500-17,500 victims are trafficked. Eighty percent of trafficked victims in the United States are female and fifty percent are minors. Some signs that someone is being trafficked include: Lack of official identification papers or cards such as driver's license or passport, vague answers about their situation, no eye contact, no control of their money, malnourishment, signs of physical abuse such as burns, bruises, broken bones or teeth, signs of depression or PTSD, signs of drug or alcohol addiction, and tattoos of types of branding. Once they are a victim of human trafficking, it is very hard to get out. Some reasons why victims do not reach out for help include language barriers, fear of the traffickers harming them or their family, and fear of law enforcement due to a past experience or from what the trafficker has told them. Many people believe this is only happening in foreign countries or big cities, but the truth is victims are being trafficked right here in Nebraska. If you have any suspicions of human trafficking please call the National Human Trafficking Hotline 1-888-373-7888 or your local law enforcement. For further information and resources please visit Homeland Security-Blue Campaign.



Teen Dating Violence - Prevention Corner

By Emily Putters; Norfolk Outreach Coordinator

Teen Dating Violence is repeated verbal, emotional, physical, or sexual abuse used to frighten, hurt, and control a girlfriend or boyfriend.

Did you know?

- 1 in 3 teens in the U.S. is the victim of physical, sexual, emotional, or verbal abuse by a dating partner, a figure that far exceeds other types of youth violence including bullying.
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence (almost triple the national average).
- Violent relationships in adolescence can have serious ramifications by putting victims at higher risk for substance abuse, eating disorders, risky sexual behaviors, and further domestic violence.

Some warning signs can include the following:

- Not letting you hang out with friends or participate in school activities
- Spreading rumors or gossip about you
- Repeatedly texting, calling, or posting/messaging you on social media
- Posting or sharing private pictures of you with others
- Pressuring you for sex by threatening to ruin your reputation

If you don't think you are in a healthy relationship **get out, get help, and speak out.**

If you don't think your friend is in a healthy relationship **step up and speak out.**

No one deserves to be emotionally, sexually, or physically hurt!



Check out LovelsRespect.org, [Step Up Speak Out](http://StepUpSpeakOut.org), [Break the Cycle](http://BreaktheCycle.org), and That'sNotCool.com for more information!

Meet the New Staff!



Zenaida Zarate

My name is Zenaida Zarate and I am a bilingual advocate at Bright Horizons. I have been here for a few months, and so far I've really enjoyed being an advocate especially because it is important to me that we are able to provide services and resources for those of our clients that are Spanish speaking only. I do outreach at the Tyson plant in Madison and I see it as a very good opportunity to get our Bright Horizons name out and bring awareness into the community about our agency and our services. We also have a Spanish support group from 4:30 to 5:30 every Monday. While I have been at Bright Horizons, I have had the opportunity to attend a couple webinars already, but I am really excited and looking forward to attend more trainings.

Emily Elsbury

Hi! My name is Emily Elsbury and I am the Outreach Coordinator at the Bright Horizons O'Neill office. I have been working here for about four months now! My position consists of outreaching to the surrounding communities, making sure that people are aware of the different kinds of abuse associated with domestic violence and sexual assault. Every day is a learning experience for me I continue to gain new skills. I am responsible for reaching seven counties and forty-two towns. Recently I have been on the road quite a bit. Emily Putters (also an outreach coordinator based in Norfolk, Ne) and I have developed handouts and put together a lot of information on different topics each month! This month is "Teen Dating Violence Awareness", Emily Putters and I have been contacting counselors at Public High Schools to inform them of what services we can provide for teen dating violence victims. Offering materials such as posters, brochures and presentations at these schools to educate and hopefully prevent youth from becoming victimized from their boyfriend/girlfriend. I am very glad to be able to do such exciting things with my position. It is very fulfilling when a business owner, teacher, student, client, etc., has a smile on their face after I have spoken with them and that I can make someone's day a little brighter by supporting, educating, listening and most of all being a positive resource for others!

Cheri Carlson

Hi my name is Cheri Carlson and I am a shelter advocate at Bright Horizons. I started out as a volunteer in January of 2015. I answered crisis calls and helped at the office as well. I have been employed at Bright Horizons since October of 2015. I help women and children in crisis and tend to any needs their families might have. I thank God for this job opportunity, it has been a blessing and an adventure. The staff here are so welcoming, always ready to lend a helping hand, and provide a great support system. They are a wonderful group of ladies! I am in my third year of college at Northeast Community College. I live in Osmond Nebraska with my husband Chad and our dog buddy. I have four children and fifteen grandchildren. I love spending time with family and friends!



Meet the New Staff!



Lindsay Olsen

My name is Lindsay Olsen and I have been working at Bright Horizons as an Advocate since November of last year. Before I was hired on as an Advocate I spent almost a year volunteering with Bright Horizons. During this time I was able to attend support group and help in the business office as well as in the shelter. It didn't take long for me to realize just how amazing this organization is and I am so thankful that I am able to be a part of the Bright Horizons Team! I graduated from Northeast Community College in May with my associate's degree in Behavioral Science. I am currently a full time student at Wayne State College pursuing a bachelor's degree in Human Service Counseling. For the most part you can find me at the emergency shelter here in Norfolk during the evenings and on the weekends as well. In my spare time I enjoy reading, cooking, photography and spending time with my family!

Shelby Schmitt

My name is Shelby Schmitt, and I am excited to be a part of the Bright Horizons team as the Criminal Justice Liaison in the O'Neill office. Since I've started, I've been getting to know the town of O'Neill, as well as the surrounding communities. As a Criminal Justice Liaison, I am trained and experienced in helping victims navigate through the legal process, whichever one that may be. This includes, but is not limited to help with Protection orders, Legal Aid, advocacy with law enforcement as well as all the different stages of court proceedings. I will be facilitating CRT meetings quarterly for Holt and Boyd counties, which is our community response team. I encourage anyone from any agency or church to attend these meetings! They will be held at the extension office. Please call our office if you would like to attend. I also work with O'Neill High School, presenting for their THRIVE program every other Tuesday. We cover topics such as healthy relationships, Healthy Eating, and texting/sexting. Our office is open from nine to five, but I am here every day until six – feel free to stop in and say hello!

Celeste Guzman

My name is Celeste Guzman I graduated from Schuyler Central High School in Schuyler, NE in 2009. I graduated from Northeast Community College with a Criminal Justice Degree in 2013. I am the new Bilingual Advocate for Bright Horizons my office location is at Kris' House of Grace. As part of my job duties I will be providing advocacy to clients at Kris' House and outside of the house. Providing them with the tools they need to succeed outside of shelter and the transitional house. I will also be the head chairman for Madison/Stanton CoC. I enjoy the work that I do because none of my days are the same. When I am not at work I spend most of the time with family playing table games or singing karaoke.



Mental Health First Aid Training

By Kristy Beard; Ainsworth Program Director

During the week of February 7-12, Region 4 Behavioral Health System gave myself along with 4 other people from the Region 4 Service Area an amazing opportunity to travel to San Antonio Texas to participate in and become certified instructors for Mental Health First Aid (MHFA). The Mental Health First Aid Instructor Training Course began by participants spending the first two days taking the 8 hour course. During the next three days each of the participants were then given a section of the MHFA course to present in front of the group and graded by an instructor, we also had to successfully complete and pass a test to graduate from the MHFA course and to become certified instructors. The MHFA Program first began in 2001 in Australia and came to the United States in 2008, at the present time MHFA is in 21 countries throughout the world. MHFA is the initial help given to someone experiencing a mental health problem before appropriate treatment and support are obtained, this may be for a crisis situation or it may be for when a person is developing a mental illness. The purpose of the MHFA course is to teach participants how to recognize the symptoms of mental health problems, how to offer and provide initial help, and how to guide the individual to seek professional help if needed. An aim of the MHFA course is to increase mental health literacy and to decrease the stigma that is associated with mental health problems.



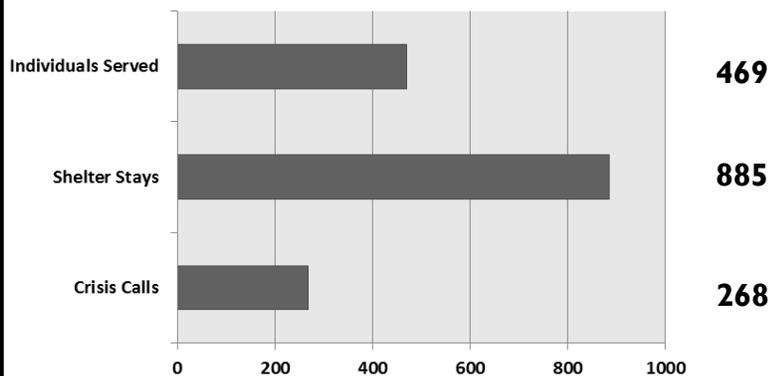
For more information on Mental Health First Aid please contact me at 402-382-5676 or contact Region 4 Behavioral Health System at 877-432-6071.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call the Norfolk, O'Neill, or Ainsworth office.

Client Services Provided

October - December 2015



NOTE:

These numbers are unduplicated. This means if we worked with a victim 6 times in one month, we only count him/her ONE time for that month.

Last Quarter Supporters of Bright Horizons

Anne Olson	Judy Wallinger	Robert & Judy Eggerling	Nucor Cold Finish
Alison Olson	Katie Owen	Robert & Marilyn Hendricks	Presbyterian Women's Group—Norfolk
Allen Mitchell	Karen Nollette	Robert Uhing	Our Lady of Mount Carmel Catholic Church—Tilden
Angie Olberding	Kathy Becker	Rosemary Rutten	Our Savior Lutheran Church—Norfolk
Beth & Kevin Bonderson	Kathy & Kurt Hunter	Ross & Margaret Stoffer	Our Savior's Women of ECLA—Plainview
Bill & Luann Thoendel	Kay Anderson	Ruth Alberts	Page United Methodist Women
Brenda Connell	Kay Kaup	Scott & Lori Kunz	Peace United Church of Christ Women's Fellowship—Tilden
Brenda Koenig	Kelsey Sturm	Shannon Pease	St. John's Altar Society—Petersburg
Cassie Gilhousen	Kelvin & Nancy Brozek	Shirley Pickering	St. Mary's Altar Society
Carol Nordby	Keri Engelhaupt	Sue Tooker	St. John's Lutheran Church—Battle Creek
Carolyn Hall	Kim Ahlers	Tammy Ducker	St. Mary's Episcopal Church—Basset
Charlotte Christensen	Kip & Coleen Bressler	Traci Anderson	St. Peter's Altar Society—Norfolk
Cheryl Vesely	LaRae & Calvin Worden	Wanda Kallhoff	StocksRUS Club—Meadow Grove
Connie Vanmeter	Linelle Kelley	Alpha Nu Sorority—Norfolk	The Evergreen
Debra Londonshire	Mandi Flood	Atkinson Good Samaritan Society	The Mission Quilters—Norfolk
Dr. Jerry Brockman	Marilyn Elwood	BKR Home Economics Group	The NESWO of ECLA—Hartington
Earl & Kathleen Tooker	Marian Gilsdorf	Brown County Hospital	Union Bank & Trust—Ainsworth
Gynell Possnecker	Mary Ehrenfried	Cardiac Rehab Center—Norfolk	United Methodist Church—Meadow Grove
Heather Jackson	Mary Doyle	Christ Lutheran Church—Wisner	United Methodist Women—Norfolk
Heidi Stevens	Merlin & Lynn Milander	Concordia Ladies Aid—Clearwater	United Methodist—Plainview
Hellen Medelmann	Miechelle Davis	Countryside Home—Madison	United Methodist Women—Wausa
Helen Olson	Nancy & Tim Towel	Daycos	United Methodist Quilters—Wausa
Ivan Beller	Nancy Vesely	Delta Kappa Gamma Nu Chapter—Norfolk	
JaeJae Ermels	Nicole Stueckrath	Finish Line Chiropractic	
Janet Pfeifer	Orlin & Carol Olson	Immanuel Lutheran Church—Coleridge	
Janet & Larry Bruggeman	Pam Handke	Kay Jewelers	
Janice Vosler	Peggy Fox	Lyons Lutheran Women	
Jamie Adams	Phyllis Webber	Lutheran Piecemakers	
John & Eileen Doherty Foundation	Rachel Linquist	Mid City Superstore	
Jolene Lichy	Rhonda Thompson		

Thank You

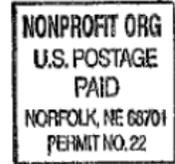
Bright Horizons Shelter Wish List

Paper Good Supplies
 Cleaning Supplies
 Air Fresheners
 Disinfectant Wipes/Spray
 Dish/Laundry Soap
 Fabric Softener
 Trash Bags— All sizes
 Light Bulbs 40-60 Watt
 Hand Soap
 Food Items
 Bottled Water
 Zip-Lock Bags/Tupperware



Bedding (Twin & Full)
 Storage Totes
 Ice Melt
 Coffee, Filters, & Creamer
 Gift Cards (Grocery, Gas, etc.)
 Baby Care Items
 Disposable Diapers
 Baby Wipes
 Baby Formula
 Hygiene Products
 Over The Counter Medications
 First Aid Supplies

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault



Norfolk Office
305 N. 4th
Norfolk, NE 68702
(402) 379-2026

O'Neill Office
318 E. Douglas St.
O'Neill, NE 68763
(402) 336-1774

Ainsworth Office
938 East Zero St
PO Box 313
Ainsworth, NE 69210
(402) 382-5676

Crisis Line
1-877-379-3798



www.brighthorizonsne.org

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Emily at 402-379-2026 or at emily@brighthorizonsne.org

**Ask Us About Becoming a
Volunteer!**

Bright Horizons Services

- 24 Hour Crisis Line
 - Community Education
 - Individual Advocacy
 - Criminal Justice & Legal Advocacy
 - Emergency Shelter
 - Support Group
-

24 Hour Crisis Line 1-877-379-3798

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce,
Stanton, Brown, Rock, and Keya Paha counties.**

Upcoming Events:

- Denim Days—Throughout the month of April! See Flyer!**
- 7th Annual Sexual Assault Awareness Walk—April 21st See Flyer!**
- Sexual Assault Awareness Norfolk Shopper Ad—April 6th**

Don't forget to sign up to get the newsletter electronically by emailing emily@brighthorizonsne.org!

Also find us online and on Facebook!