

# Bright Horizons

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3rd Quarter 2010

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## Bright Horizons Observes October as Domestic Violence Awareness Month

*By Gina Clyde, Norfolk Program Director*

The entire staff of Bright Horizons would like to invite you to attend any one of our upcoming trainings, candlelight vigils, or awareness projects in our communities of Norfolk and O'Neill in October, Domestic Violence Awareness Month.

Statistics show that 1 in 3 women are victims of domestic violence at some point in their lifetime. Chances are someone you know and love is, or has been, or will be, a domestic violence victim. October presents many opportunities to get better educated about the issue, what resources are available, and to support our work in ending domestic violence. Whether you stop by and see our Clothesline Project display or you attend our volunteer training to help us on crisis line, any involvement or support from you is appreciated! Please see a full listing of activities in the enclosed inserts! Contact us if you have any questions at 336-1774 in O'Neill or at 379-2026 in Norfolk.

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Liaison



Bright Horizons Staff: front L to R: Jen Arens, Andrea Johnson, Abbie Swanson, Audrea Hoffmann. Back L to R: Myrian Juarez, Jamie Drahota, Maria Gibson, Gina Clyde, Jessica Pospisil, Amanda Wallace, Linda Olson Not pictured: Pam Libra

# Nebraska Domestic Abuse Protection Orders

*By: Jennifer Arens, Criminal Justice Liaison at Norfolk Bright Horizons*

Nebraska's domestic abuse protection order is intended to provide specific relief for victims of domestic abuse. If you are seeking safety from someone who makes you fearful for your life, you may qualify for a domestic abuse protection order. You, the petitioner, will be filing this order against the respondent, the person you are seeking protection from. You may decide to file a protection order in either district court or county court. A domestic abuse protection order requires that you, the petitioner, have one of the following relationships with the respondent for the order to be granted by a judge:

- Currently married to or previously married to the respondent
- Are a child of the respondent
- Currently living with or previously lived with the respondent
- The respondent is the father/mother or one or more of your children
- Currently involved or was previously involved in a dating relationship with the respondent
- The respondent is a person related to you by blood or

marriage.

If you do not fit within the above relationship requirements, you may be eligible for a Harassment Protection Order.

Please take note of the following when filing a domestic abuse protection order:

- If you are granted an ex parte (immediate) order by the judge, the respondent is required to follow the order, beginning immediately at the point he/she is served with the order.
- If you are granted an ex parte order, the judge will set a hearing date at which time both the petitioner and respondent are able to tell their side of the story. During that time, the respondent will have a chance to contest the order, but the decision is made completely by the judge
- The respondent will receive a copy of the petition and affidavit.
- A domestic abuse protection order is different than that of a restraining order and a harassment protection order.
- You must keep a copy of the order with you at all times, in order for it to be enforced effectively. The petitioner can

make multiple copies and keep them in their vehicle, hidden in various rooms throughout the house, at their children's daycare, in their purse, or have other individuals that spend time with the petitioner have a copy. The purpose of this is to always have a copy of the order on hand and accessible in case law enforcement is called and needs to verify a protection order during the initial call.

- You may be granted 90 days of temporary custody of any children, but again, the final decision is made by a judge. If you believe the children are also in danger, a parent/guardian may file a protection order on behalf of the children. This order is separate from the protection order solely for the petitioner.

If you have additional questions regarding the domestic abuse protection order and/or would like assistance in filling out the petition/affidavit, please contact any staff member at Bright Horizons who would be more than happy to help. If you have recently filed a protection order and would like Bright Horizons to provide court advocacy at the show cause or any further hearings, please contact us at 379-2026 in Norfolk or 336-1774 in O'Neill.

## Education Available

**Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call (402)379-2026 or (402)336-1774.**

# HEROS Youth Attend National Training

By Gina Clyde, Norfolk Program Director

1 in 5 teens experience teen dating violence. 33% of those never tell anyone about the abuse they have endured. HEROS (Helping to Empower and Respect Other Students) youth and Bright Horizons have partnered to conduct a youth outreach campaign during this upcoming school year to prevent and educate our communities on teen dating violence.

HEROS members Karen and Darlin, along with Gina Clyde from Bright Horizons, attended the Underserved Teen Victim Outreach Training in Leesburg, VA in August. HEROS was selected as one of 25 sites across the US to receive funding for their campaign.

The training was hosted by the National Center for Victims of Crime and the Crime Prevention Council. Miss Ohio, Becky Minger, presented to the youth and their sponsors on her experiences with bullying and teen dating violence. William Kellibrew, childhood sexual abuse survivor and witness to his mom and brothers' deaths, spoke on how violence has affected his whole life. He started his own foundation to work on policies and to provide education because "violence starts violence." The youth also engaged in creating a media campaign, including writing a news article, creating a skit, recording a radio ad, and designing posters.

HEROS is recruiting teens in the Madison and Norfolk area to join the group and to help with the campaign to prevent and educate our communities on teen dating violence. For more information, please call Gina at 379-2026 or email [bhgina@telebeep.com](mailto:bhgina@telebeep.com)



*Top Photo: Karen, Gina, Darlin*

*On Left: Karen, Miss Ohio, Gina*

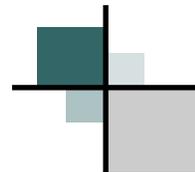
*On Right: Karen, Speaker William Kellibrew*

*Below: the 25 sites from across the US who attended the training.*





# Make a Difference: VOLUNTEER!



*By Audrea Hoffmann, Norfolk Volunteer Coordinator*

Would you like to get to know more people and become more involved in your community? Do you want to be a part of a great team or explore a new career? Do you want to positively impact someone's life or expand your own life skills? You can accomplish all of these things and more by volunteering at Bright Horizons! You have a unique opportunity to become trained as a Volunteer Advocate for our agency. The following are just a few of the volunteer jobs we offer:

Crisis Line Advocate	Translator
Office Assistant	Support Group Assistant
Outreach Assistant	Transportation Aide
Donations Organizer	Housekeeping Assistant
Shelter Advocate	Child Care

Crisis Line Volunteers are available 24 hours a day, 7 days a week to respond to victims in need. Our staff provides back-up assistance to all volunteers. By using our agency cell phone or your own personal cell phone, you have the flexibility to continue your day to day activities. You can also work more directly with the community and our staff by becoming an office, outreach, or shelter assistant. Along with helping others, you can obtain valuable job skills, make new friends, and have more to include on your resume or application by volunteering for Bright Horizons.

The amount of time you wish to volunteer and your specialization is up to you! You can choose to give one day/evening a week or even one week a month, whatever time commitment best fits your schedule. To ensure everyone's safety and quality services, all volunteers have background checks and we provide extensive training.

Please see the enclosed registration form to learn more about volunteering at Bright Horizons. Don't miss your chance to make a difference to someone in need.



## BRAVO News

*By Gina Clyde, Norfolk Program Director*

The BRAVO (Bullying Recognition and Anti-Violence Organization) group in O'Neill is gearing up for another great school year to educate their peers on teen dating violence and healthy relationships through education, outreach, and activities! Several members attended a training and recorded a radio ad that aired on KBRX in O'Neill and on KIX Country in Norfolk.

If you are interested in having BRAVO perform at your school or youth group, please call Andrea at 336-1774!

# Stewards of Children Training Available

*By Gina Clyde, Norfolk Program Director*

1 in 4 girls and 1 in 6 boys are sexually abused before their 18th birthday. The Stewards of Children, child sexual abuse prevention program for adults, training will be presented on September 15th in Norfolk. It will be offered from 9am-noon, 1-4 pm, and from 6-8:30 pm. Please see enclosed flyer for registration information.

The training strives to educate adults to prevent, recognize, and react responsibly to child sexual abuse and motivates them to courageous action. It incorporates the “7 Steps to Protecting Our Children”, which is a core educational tool for sexual abuse prevention.

The training covers the principles of choice, consciousness and personal power to promote an understanding of the nature and impact of child sexual abuse and provides a context for empowered action.

The 3 hour training is appropriate not only to systems that serve children daily, but also to individuals and businesses who want to respond to the epidemic nature of the problem. Cost is just \$15 per participant, which covers training costs and interactive workbook.

For more information or to book your training, please call Gina at 402-379-2026 today.

## O’Neill Women’s Wellness Event

*By Amanda Wallace, O’Neill Volunteer Coordinator*

Bright Horizons and the Ponca Tribe of Nebraska would like to invite all ladies to join us at the 2010 Women’s Wellness Event September 16<sup>th</sup> from 4:30 to 8:30. This event will be held at the KC Hall in O’Neill. We are ecstatic to be having guest speaker, Melissa Dearmont. She will be giving a presentation about raising healthy families by The Code of the West. Laced with everyday tools and fresh approaches to the life that anyone can benefit from, this speaker presents tools that will decrease conflict in everyday life, increase productivity, and enhance morale!

Melissa Dearmont MSW, LICSW, LIMHP CMSW, EAP Certified has an amazing ability to communicate a message to her audience that has lasting effects! Everyone will relate to Melissa and appreciate her enthusiasm for positive change in communication tactics! Melissa has been practicing in the field of mental health and substance abuse for the past 10 years. She received her undergraduate education at the University of Nebraska-Lincoln and completed her graduate work at Arizona State University. She has experience in state and local governmental organizations, hospitals, community mental health, corrections, and private practice. Growing up and currently ranching with her family on their ranch in central Nebraska, Melissa has an understanding of the unique challenges and strengths of rural life. She combines her urban knowledge and experience with her rural roots to provide quality, professional individualized services.

In addition to this exciting, entertaining presentation, WunderRosa Winery will be hosting a wine tasting. WunderRosa Winery opened its doors in April of 2009. They are continuing Clare’s dream, providing a fun place to drink wine and be with your friends. The winery is situated on 14 acres with 2.5 acres of grapes in Roca Nebraska. Their grapes are Nebraska grown; coming from Czech land Vineyard, near Wilber, Homestead Prairie Vineyard, near Crete, and Capitol Vineyard near Emerald. The wines are made from Frontenac, Lacrosse, St Croix, Prairie Star Marquette, and Dechaunac grapes.

You won’t want to miss this! If all that isn’t enough there will be 20 plus booths at this fantastic event. Avon, Watkins, Eden Décor, Silpada Jewelry, and Pampered Chef just to name a few. Appetizers will be catered by O’Neill’s very own Tia Zia. Ladies you must join us for this exciting event! There will be something for everyone!

**\*\*If you would like to receive the newsletter by email, please email Gina at [bhgina@telebeep.com](mailto:bhgina@telebeep.com)\*\***

## Warning Signs of Bullying

*By Jamie Drahota, Norfolk Advocate*

Whether you are a parent, health and safety professional, teacher or school official, or someone else who interacts with young people everyday, we need to know and understand the warning signs of bullying. Here are some possible warning signs that a child is being bullied. For further information on bullying visit the website [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

- Comes home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Has unexplained cuts, bruises, and scratches
- Has few, if any friends, with whom he or she spends time
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers (such as clubs)
- Takes a long route when walking to or from school
- Has lost interest in school work or suddenly begins to do poorly in school
- Appears sad, moody, teary, or depressed when he or she comes home
- Complains frequently of headaches, stomachaches, or other physical ailments
- Has trouble sleeping or has frequent bad dreams
- Experiences a loss of appetite
- Appears anxious and suffers from low self-esteem

If you need more information, or would like us to present to your school or youth group, you can contact us at our offices Norfolk (402).379.2026 or O'Neill (402).336.1774.

### YES, I WANT TO HELP VICTIMS OF DOMESTIC AND SEXUAL VIOLENCE!

Your thoughtful donation will help to provide free and supportive services to clients in need.

- Enclosed is my donations of \$ \_\_\_\_\_
- This donation is in honor or in memory of (circle one) \_\_\_\_\_
- My gift is anonymous. Please do not list my name in Bright Horizons publications.
- I want to make a difference by volunteering.

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please send me information about:

- Bright Horizons Services/Programs                       Volunteer Opportunities
- Bright Horizons Community Presentations             Domestic Violence/Sexual Assault Information

# Last Quarter Supporters of Bright Horizons

## O'Neill Area Supporters

Jan McGrath  
 Sharon Ellermeir  
 Coleen Thiele  
 Alecia Tyrrell  
 Linda Wolf  
 Betty Riser  
 Lynn Hartman  
 Jolene Lichty  
 Lynnel Wright  
 Merle Rissleman  
 Challey Fahrenholz  
 Lois Poessnecker  
 Patricia Anson  
 Marlene Keiser  
 Patty Brady  
 Ellen McCabe  
 Chester Frisch Estate  
 Mrs Larry Kirschmer  
 Pat McClain  
 LaVonne Lewis  
 Cindy Flaherty  
 Ray Hagburg  
 Sue Simons  
 Ann Krotter  
 Karen Havranek  
 First Presbyterian Church  
 Sunset Second Hand Store



Faith Hope and Love Church-  
 Creighton  
 St. Marys Altar Society

Women of Faith

## Norfolk Area Supporters

Gabby Moore  
 Bob Hoffman  
 Lynsey Herian  
 Melissa Pheifer  
 Jane Wessel  
 Amy Caskey  
 Carol Diedrichsen  
 Bonita Horejsi  
 Phil & Maggie Steele  
 Linda Hammond  
 Sara Bivens  
 Vicky Maimquist  
 Charlene Bernat  
 Vi Lepply  
 Shelly Sands  
 Bev Henkel  
 Dave Stock  
 Eilene Loetscher  
 Tom Wiese  
 Charlie Horan  
 Becky Kerkman  
 Dover Management-Norfolk  
 Salvation Army—Norfolk

Bonnie Flynn  
 Dave Steffen  
 Susan Wagner  
 Mrs. Don Roberg  
 Vi Kruger  
 Marilyn Anderson  
 Roger Schmale  
 Connie Schulz  
 Marcella Hughes  
 Jill Shaffer  
 Jamie Johnson  
 Dee Woodruff  
 Lisa Kubr  
 Wanda Anderson  
 Nancy Shipp  
 Amber Nerem  
 Rhonda King  
 Jill McCormick  
 St. John's Confirmation Class—  
 Battle Creek  
 TLC-Dolores Reikofski  
 Grace Community Church-Norfolk  
 Wausa United Methodist Church  
 Christ the Servant Church-  
 Norfolk  
 Morning Kiwanis Club-Norfolk  
 Christ Lutheran Church-Norfolk  
 Wells Fargo-Norfolk

# Bright Horizons Wish List

Paper products  
 Cleaning supplies & laundry soap  
 Vacuum Cleaner  
 Pots, Pans, Dishes  
 Used Children's Clothing



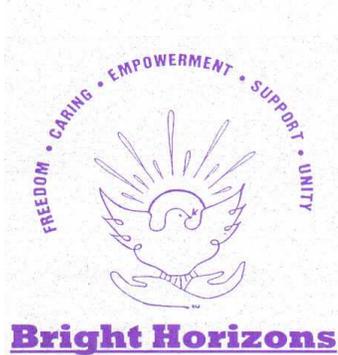
New Underwear & Socks for Women &  
 Children  
 Pajamas for Women & Children  
 Microwaves  
 Bath and kitchen towels & rugs

**BRIGHT HORIZONS  
RESOURCES FOR SURVIVORS OF DOMESTIC  
VIOLENCE AND SEXUAL ASSAULT**

Norfolk Office  
305 N. 4th St.  
P.O. Box 1904  
Norfolk, NE 68702  
(402)379-2026

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

Crisis Line  
1-877-379-3798



If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Gina at 402-379-2026 or at [bhgina@telebeep.com](mailto:bhgina@telebeep.com)

**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

**Call 379-3798 or 336-1774 or 24 Hr Crisis Line 1-877-379-3798**

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton Counties.**

### **Upcoming Events:**

Antiquities Photo Fundraiser—September 9-11th in Norfolk

Stewards of Children Training—September 15th in Norfolk

Women's Wellness Event—September 16th in O'Neill

PATCH Health Fair booth—September 17-18 in Norfolk

October is Domestic Violence Awareness Month—See enclosed flyers for event information

Oct 9th--Tilden Hospital Health Fair booth from 8am-Noon