

Resources for Survivors of Domestic Violence and Sexual Assault

April is Sexual Assault Awareness Month!

By: Emily Putters; Norfolk Volunteer Coordinator

Sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient (OVW Dept. of Justice). According to RAINN, someone in the United States is sexually assaulted every two minutes. Every year there are about 293,000 victims of sexual assault. 80% of victims are under the age of 30. 2/3 assaults are committed by someone known the victim. Sexual assault is about power and control. Sex is used as the weapon not the goal.

Sexual Assault can happen to anyone regardless of their age, gender, race, ethnicity, sexual orientation, ability, or socioeconomic background. Rape, intimate partner sexual violence, human sex trafficking, incest, and child sexual abuse are all forms of sexual assault. Deciding to report a sexual assault can be very difficult for the victim for various reasons. While there's no way to change what happened, it's important to remember you can seek justice and help stop it from happening to someone else (RAINN).

To be connected to a local rape crisis center near you call the National Sexual Assault Hotline at 1-800-656-HOPE (4673) or Bright Horizons' 24 hour crisis line at 1-877-379-3798 to speak to an advocate.

April is Sexual Assault Awareness Month. April 23rd Bright Horizons will be hosting our 6th Annual Sexual Assault Awareness Walk. Join us as we say NO MORE to sexual assault! See our flyer for details!

Awareness Months and Events

By Emily Schulz, Norfolk Volunteer Coordinator

March

Dodgeball Tournament in O'Neill – March 13th See flyer for details!



April

6th Annual Sexual Assault Awareness Walk April 23rd— See flyer for details!

Denim Days—Through out the month of April. See flyer for details!

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Volunteer Spotlight

Meet Sue! Sue has been working with Bright Horizons since October of 2014 through the Experience Works program. She has been working in the Human Services field for many years and has been a wonderful asset to the work we do at our agency. Sue does a great job doing front desk work, answering phones, data logging, and much more! She definitely helps keep our office running smoothly and we appreciate all her hard work! Sue is a very caring and compassionate person and the staff at Bright Horizons feel lucky to have the chance to work with her.

Thanks Sue, for all you do!



The future is created by what we do today, not tomorrow.

-Robert Kiyosaki

BRAVO Update

By Amanda Wallace; O'Neill Program Director

O'Neill BRAVO (Bullying Recognition and Anti Violence Organization) is proud to have collaborated with schools to bring Mike Smith to our area. Mike Smith is a professional, inspirational speaker based out of Lincoln, NE. He specializes in speaking to students and professionals about topics like bullying, substance abuse, leadership, and pursuing passions. He is the founder of THE BAY, a non-profit skate park and youth center in Lincoln, NE and Skate For Change. He has also been featured by the likes of Red Bull, State Farm, and TEDx.

February 23rd Mike began the day at Pierce at 9:00 am, Creighton at 11:00 and O'Neill at 1:45. We are thrilled this dynamic speaker was able to come to these schools. Mike educated our youth on the impact of bullying while giving our kids new tools to use in place of ridiculing others. Mike says "The things that you do and the words that you say leave a mark on someone's life forever. And if you're a bully that mark is a scar."

If you would like to know more about BRAVO or Mike Smith please find us on Facebook at O'Neill BRAVO or check out the website mikesmithlive.com.

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.

Staff Attend National Training

By Katie Williamson; O'Neill Criminal Justice Liaison

The snow was up to my knees as we opened up our front door to head for sunny Florida. Emily, the Volunteer Outreach Coordinator in Norfolk, and I were fortunate enough to attend the National Training Institute on Protection Order Practices for Attorneys and Advocates in St. Petersburg, Florida on November 17-19th. We could not wait to put our toes in the sand, enjoy some fresh seafood, and of course learn some new information. We were not disappointed in the training at all and learned so much useful information about protection orders. We learned that some states actually have protection orders specific to the circumstance. For example, there are Sexual Violence Protection Orders, Domestic Violence Protection Orders, Dating Violence Protection Orders, Harassment Protection Orders, and Stalking Protection Orders. In Nebraska, we unfortunately only have Domestic Violence Protection Orders or Harassment Protection Orders. We would love for Nebraska to incorporate more options of protection into their judicial system in the very near future!



We also learned:

- Self-Care – my new self-care song may or may not be Shake It Off by Taylor Swift...

(Stop judging) :)

- How to assist with interstate custody and relocation cases
- Inter-jurisdictional enforcement of protection orders
- About working with victims of stalking in protection order proceedings
- How to collaborate for safety with the military and civilian response to intimate partner violence
- Empowerment and the role of an advocate in each situation
- Teen dating violence and ways to intervene and prevent
- Increasing survivor safety with firearms and domestic violence
- Culture competency and working with immigrant survivors



Adopt A Family

By Christy Abner; Norfolk Program Director

The level of support for our Adopt-A-Family program is simply amazing! I struggle to find words that express the true appreciation of our families as well as our staff. I wish every single person that donated could experience the feeling and emotions as survivors come in and pick up their gifts.

This year the Adopt-A-Family program provided for 27 adults and 65 children, with 34 business's or individual families donating. In addition to many wonderful gifts we also received 25 plates of cookies, 60 stockings, 100 hand carved and hand painted Christmas ornaments as well as 5 hams.

To all of you that reached out and participated...YOU made a difference.

*Never underestimate the difference
YOU can make in the lives of others...*



Stalking Awareness Month

By Jamie Drahota; Advocate/ Bookkeeper



January has been designated as National Stalking Awareness Month. Stalking is a very dangerous crime that affects millions of people each year. Stalking is a repeated harassing or threatening behavior by an individual. It can range from following a person, showing up at a person's home or place of work, to making harassing phone calls, sending messages, and/or e-mails.

Stalking is a crime in all 50 states and the District of Columbia. Anyone, regardless of race, religion, gender, sexual orientation, or socio-economic background, can become a victim of stalking. It is estimated that 1 in 12 women and 1 in 45 men will be victims of stalking in their lifetime.

Stalking is difficult to recognize, investigate, and prosecute. Stalking is not a single act; it is a series of events directed at one person that causes that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted cards, calls, gifts, or visit. One in four victims reports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities.

According to The National Center for Victims of Crime:

- 6.6 million people are stalked in one year in the United States.
- The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner.
- More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.

Bright Horizons offers free and confidential service. If you would like more information on stalking contact us at our Norfolk office 379.2026, O'Neill office at 336.1774, Ainsworth office at 402.382.5676 or at our 24 hour hotline at 1.877.379.3798.

Teen Dating Violence Awareness Month

By Katie Williamson; O'Neill Criminal Justice Liaison



It has been five years since 19-year-old Siobhan Russell was found brutally murdered by her 17-year-old boyfriend in Oak Hill, Virginia. Siobhan's abuser was arrested and sentenced to 40 years in prison in 2010. Ms. Russell's mom has had to suffer through this horrific event with the determination of never allowing it to happen to another person. She has created and now runs an organization that raises awareness about teen dating violence. It is through this organization that she speaks to communities about the dating violence warning signs. She is truly an example for all of us.

February is National Teen Dating Violence Prevention and Awareness Month and it is critical that we take this time to remember that domestic violence is not a problem just for adults. One in three adolescents in the US will be a victim of physical, emotional or sexual abuse from a dating partner. Nearly 80% of girls who have been physically abused in their intimate relationships continue to date their abuser. And two-thirds of teens who are in an abusive relationship never tell anyone about the abuse. It's time to shine a light on this issue.

Recognizing abuse in a relationship can be difficult, especially for teens and even though teen relationships may be different from adult relationships, teens can experience the same types of abuse. Teens also face unique obstacles if they decide to get help. They may not have money, transportation or a safe place to go. They may also have concerns about confidentiality since Nebraska is a mandatory child abuse reporting state.

Please take the time to educate yourself and others about teen dating violence. The following websites offer information about teen dating violence and what you can do to help:

- www.thatnotcool.com
- www.brighthorizonsne.org
- www.acalltomen.org
- www.breakthecycle.org
- www.1in6.org
- www.loveisrespect.org
- www.stepupspcakout.org

Did you know?
Approximately 1 in 3 high school relationships include some form of physical, sexual, or emotional abuse?

History of Denim Days Italy, 1990s

By Katie Williamson; O'Neill Criminal Justice Liaison



An 18-year old girl was picked up by her married 45-year old driving instructor for her very first lesson. He took her to an isolated road, pulled her out of the car, wrestled her out of one leg of her jeans, and forcefully raped her. Threatened with death if she told anyone, he made her drive the car home. Later that night she told her parents and they helped and supported her in pressing charges. The perpetrator was arrested and prosecuted. He was then convicted of rape and sentenced to jail.

The driver appealed his sentence and the case made it all of the way to the Italian Supreme Court. Within a matter of days the case against the driving instructor was overturned, dismissed, and the perpetrator was released. In a statement by the Chief Judge, he argued, "because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex."

Enraged by the verdict, within a matter of hours the women in the Italian Parliament launched into immediate action and protested by wearing jeans to work. This call to action motivated and emboldened the California Senate and Assembly to do the same, which in turn spread to Patricia Giggans, Executive Director of Peace Over Violence, and Denim Day in LA was born. The first Denim Day in LA was in April 1999. It quickly spread nationwide and has become a nationally recognized yearly event. Check out our flyer for details!

- Nearly 1 in 5 women in a national survey say they have been raped. (CDCP)
- 17.7 million American women have been victims of attempted or completed rape (National Institute for Justice and Centers for Disease Control & Prevention)
- 1 in 10 women have been raped by their boyfriend or husband. (CDCP)
- 82% of rapes committed by an intimate partner are not reported to the police. (RAINN/Dept. of Justice)
- 1 in 6 men have experienced abusive sexual experiences before the age of 18. (USDOJ)
- Only 3 out of every 100 rapists will ever spend a single day in prison. (RAINN/Dept. of Justice)
- Victims of sexual assault are 3 times more likely to suffer from depression, 6 times more likely to suffer from PTSD, 13 times more likely to abuse alcohol, 26 times more likely to abuse drugs, and 4 times more likely to contemplate suicide. (WHO)

SAVE THE DATE!

We hope to see you there!

5th Annual Multi-Family Garage Sale
All Proceeds to Benefit Bright Horizons Friday, June 26th, 2015, 9am-6pm St. John's Lutheran Church, Norfolk Drop off donations on June 24th and 25th 3pm-7pm at the Fellowship Hall

Women's Wellness Event
September 17th, 2015 at the O'Neill Community Center

Dueling Pianos
Join us for fun filled night at our annual fundraiser October 15th, 2015

Support Group

By Christy Abner; Norfolk Program Director, Amanda Wallace; O'Neill Program Director and Mayra Mendoza Bilingual Advocate

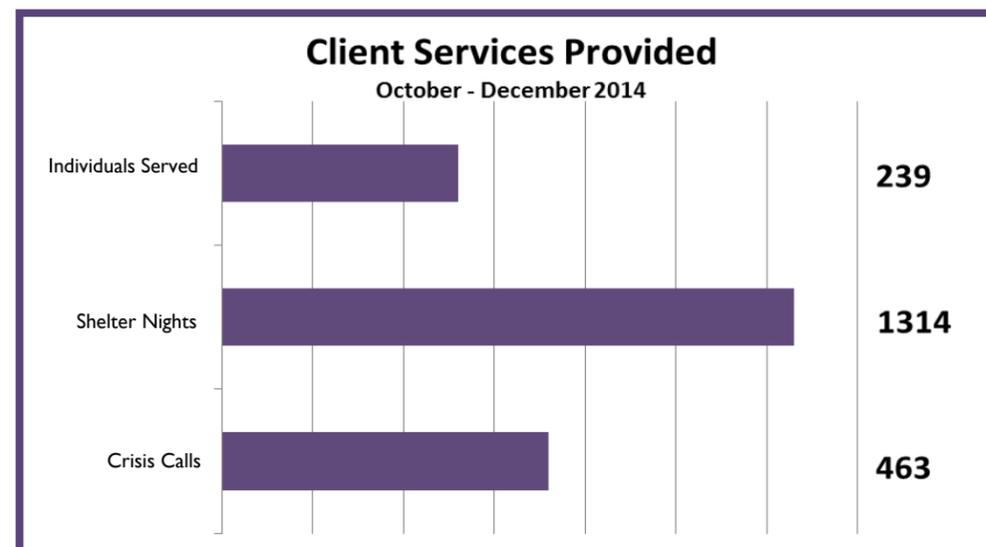
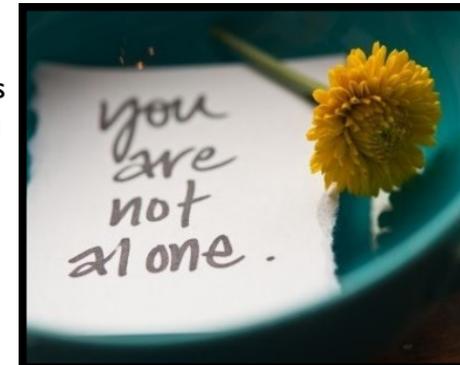
Every Monday evening, Bright Horizons offers an opportunity for survivors of domestic violence and sexual assault to heal, rebuild and live a healthier, happier life. Support group provides an accepting and safe environment for women to know that they are not alone, in addition to learning what resources are available and ideas for safety planning. It is an interactive group that offers a confidential and nurturing environment to talk to and meet other survivors and obtain helpful resources and tools needed to move forward. As with all of our services, there is no charge to attend. A children's group is also available at the same time for clients that have young children.

Support groups bring people with common issues together to share experiences and help each other. Peer led support groups are an important part of healing for victims of domestic violence and sexual assault. Participation in such groups can reduce feelings of isolation, increase knowledge, build a support system, and enhance coping skills as well as boost self-esteem.

Bright Horizons offers different domestic violence and sexual assault survivor support groups for our clients. In Norfolk we offer an adult group on Mondays in Spanish that meets from 4:30pm – 5:30pm and one in English that meets from 6pm-7pm on a weekly basis. We also offer a children's group that meets at the same time as our adult groups. For more information, contact Christy at 402.379.2026 or Mayra at 402.379.3798.

We also offer a weekly adult support group in O'Neill and are beginning one in Ainsworth for our expanded service area. For information and meeting times in O'Neill please call Amanda at 402.336.1774. For information about support group in Ainsworth please call Kristy at 402.382.5676.

If you or someone you know would be interested in attending one of our weekly support groups please let us know. We only ask that you attend as a survivor of domestic violence or sexual assault, will commit to attending and supporting other group members, and will maintain confidentiality of all persons attending as well as all things talked about in our meetings. Please consider taking this important step in healing.



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

Abby Buller	Jan McGrath	Rachel Linquist	Culvers
Amanda Wallace	Jayne Tshirren	Rita Woockman	Eagles
Arlene Craven	Jeannie Starkel	Robin Choatae	Earl May
Betty Nightser	Jennifer Koehlmoos	Rod & Nora Kaup	Farm Credit Services of America– O’Neill & Norfolk
Bev McCarthy	John & Chris Vogel	Roger Ruda	Frontier Bank
Bill & Norma Slater	Jojo Boyle	Roxanne O’Neill	Good Life Counseling
Brenda Carhart	Jolene Lichty	Ryan & Amber Parks	Heckert Health Center
Brenda Engel	Joni Moore	Samantha Amezcuca	Neligh Congregational United Church of Christ
Carlene Beller	Judy Hagan	Shannon Dvorak	Niobrara Lutheran Church Piecemakers
Carol Olson	Judy Wallinger	Sheleena Pease	Norfolk Catholic
Cheri Hartung	Karen Lemunyan	Shirley Garwood	O’Neill High School Activity Fund
Conda Williamson	Kathy Becker	Stephanie Weidner	Our Saviors Women of ECLA—Plainview
Colleen Barnes	Kim Scott	Suzi Chipps	Peace Women’s Fellowship—Tilden
Colleen Timmerman	Kirk & Barb Shane	Tara Urban	Premier Companies
Deb Fisher	Kristy Langan	Teresa Janzing	Presbyterian Women—Norfolk
Deb Freese	Linda Luther	Tiffany & Trent Shoemaker	Reiser Insurance
Delberta Peterson	Linda Olson	Tim Norris	St. Mary’s Altar Society
Denise Schartz	Madeline Pedersen	Shirley Garwood	Trinity Lutheran
Dianne Milne	Madison, Caleb, Abigail, & Jason Davis	Sister Celine	United Methodist Church– Verdigre
Donna Trowbridge	Marie Smalley	Steve & Brenda Kimes	United Methodist Women—Bloomfield
Elda Mae Linquist	Marilyn Palmer	Sue Lenhoff	United Methodist Women- Wausa
Elwin & Sharon Babl	Mary Anne Hoffman	Wanda Kallhoff	Wells Electric– Page
Gayleen Knapp	Mary Wiese	Wendy Benson	Women of Trinity Episcopal– Norfolk
Geneen Strong	Maureen Leathers	Wendy Claussen	Zion Lutheran Church– Creighton
Gert Slack	Mindy Chamberlain	Carasol Thrift Store– Verdigre	
Gordon Dvorak	Pat Widner	Catholic Church—Tilden	
Grifford Tompkins	Patricia Widner	Christ’s Kids United Methodist– Wausa	
Gwen Pfiefer	Peg Menke	Christ Lutheran Ladies Aid	
Helen Clifford Family	Phillip & Bonnie Sykes	Commodity Solutions	
Holly Cole	Phyllis Fletcher		

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 Containers
 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

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U.S. POSTAGE
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NORFOLK, NE 68701
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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:

Dodgeball Tournament—March 13th

6th Annual Sexual Assault Awareness Walk—April 23rd

Denim Days—Throughout the month of April

See our flyers for details!

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

Also find us online and on Facebook!