

Resources for Survivors of Domestic Violence and Sexual Assault

We Have Moved!

By: Christy Lee; Norfolk Program Director

The Norfolk Bright Horizons business office moved January 26th. After twelve years at our old office, we had outgrown the space at 305 N. 4th Street. Bright Horizons new address is 601 E. Norfolk Ave. We are so excited about our new office and all of the benefits. Our new space allows us to better serve our clients with more private offices in addition to offering improved security. We now have a larger conference room for meetings, support group, and trainings. The increase in size of the new “kids room” has turned out amazing for our children’s group and everyday use while their parent talk with an advocate. Another added benefit and something that is greatly appreciated is much more storage space for donations of furniture, household items, diapers, cleaning supplies and personal hygiene products. The property was purchased by Kimes Properties, Steve and Brenda Kimes, and was remodeled to suit our needs. We can’t thank the Kimes family enough for making this a reality!! There will be the Norfolk Chamber Ribbon Cutting to celebrate our new office location May 17th at 10:30am. Please stop by and visit, we would love to show you our new office!!



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Volunteer Spotlight

Meet Rosemary! Rosemary has been a volunteer at Bright Horizons since October 2015. She is originally from Columbus, NE before moving to Norfolk where she was a caregiver for over 20 years. At which time, she was also the Norfolk City Hostess for Newcomers. When she is not volunteering here, her hobbies include fishing, traveling, and spending time with her six grandchildren, husband, and dog Zoe. She also volunteers and helps out the elderly when she can. Rosemary stated, "I always knew Bright Horizons was here and I like to give myself where I'm needed. I love every time I get the chance to volunteer. I feel wanted here." Rosemary does such a wonderful job greeting people, helping out with office tasks, and so much more! She is always so bright and cheerful. She truly knows how to make anyone who walks through our doors feel welcome. We are blessed to have her as part of our team!



We make a living by what we get. We make a life by what we give.

-Winston Churchill

Volunteers Needed

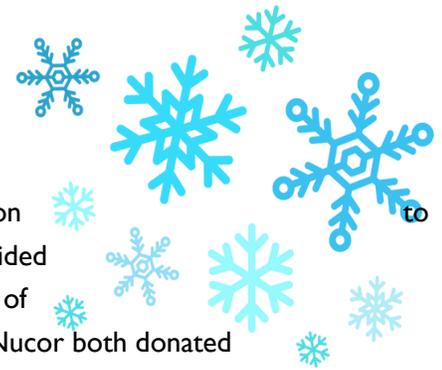
By: Lacy Kimes; Norfolk Housing Supervisor

Norfolk Project Homeless Connect will be held on June 23, 2017 at Norfolk Senior High and many volunteers are needed to put on this free event. This is a one-day, one-stop event that provides free on-site services to the homeless and near homeless. This is a national event and is being held in Norfolk for the first time. Those individuals in need will be able to receive free services such as medical and dental care, mental health and substance dependence services, haircuts, a hot meal, and much more. We are estimating that around 350 people will go through Norfolk Project Homeless Connect.



Norfolk Project Homeless Connect will need around 100 volunteers in order to be a successful event. Some volunteers are needed to be navigators; people who will guide individuals through the event as they receive services. Others are needed to help with the logistics of the event. This includes volunteering in the daycare/youth room, serving the meal, setting up and tearing down the event, and trash runners. All of our committees are run by volunteers and none of the positions are paid. Norfolk Project Homeless Connect is being entirely funded and supported by our community.

If you would like to volunteer for this event or want more information, please contact Lacy Kimes, Coordinator of Norfolk Project Homeless Connect at 402-379-2026, at Bright Horizons, or Angela Korth, Volunteer Chair, at Nebraska VR in Norfolk at 402-370-3200.



Adopt A Family 2016

By: Christy Lee; Norfolk Program Director

Grateful, blessed and hopeful were just a few of the words that clients expressed in reaction to their adopt-a-family gifts, sometimes along with a few tears. This year our supporters provided Christmas for 45 families through the Norfolk Office, 14 from the O'Neill Office and 5 out of the Ainsworth Office. In addition to folks "adopting" families, Norfolk Public Schools and Nucor both donated many new toys, Norfolk Catholic provided over a 100 new pajamas in addition to holding a drive for paper products and cleaning supplies. Church groups and individual families reached out and donated gift bags from Bath and Body and a Christmas Meal for all of our families that spent Christmas in one of our shelters. Bright Horizons and those we serve sincerely appreciate your giving spirit, this truthfully could not happen without you.

Healing can start with a tiny glimmer of hope

Partnership Provides Safe Haven for Pets in Domestic Abuse Situations

By Kathryn Harris via The Norfolk Daily News

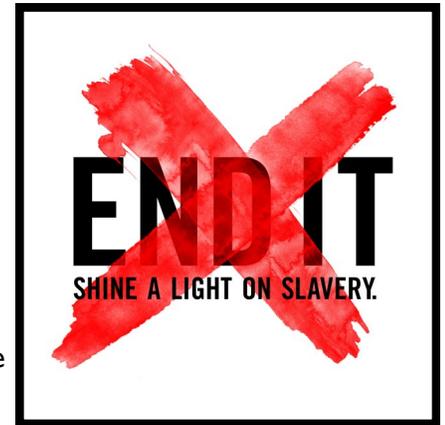
The statistics on pets caught in the middle of domestic abuse situations caught Sydney Hurley's attention early last year. According to one source — the Animal Legal Defense Fund — nearly half of the domestic abuse victims who stay in violent households do so because they are afraid for their animals. As part of the "House of Hope" program, the Animal Shelter of Northeast Nebraska, where Hurley serves as executive director, has teamed up with Bright Horizons of Norfolk in a way that allows those seeking to escape domestic violence to remove their pets from danger, as well. "There are some horrific ways animals can be caught in the crossfire. People care about their animals," Hurley said. Through a grant supplied by the Norfolk Area Community Foundation, the animal shelter is able to provide kennel space to safeguard pets that get caught in the middle of domestic abuse situations. Hurley said the idea to partner with Bright Horizons came to her while seeking out ways the animal shelter could make the largest impact on the community. "You can look up stats online, and you'll get pages and pages and pages talking about how abusers will use animals to keep their victims engaged, to keep them there longer, to emotionally traumatize them, as well," Hurley said. "They might harm the animal to force victims to do something." Linda Olson, executive director of Bright Horizons, said victims of domestic violence already have a number of barriers to overcome when they decide to leave. The well-being of family pets has always been a big concern, and Bright Horizons is unable to house pets at its transitional shelter for a variety of reasons, she said. "A person knows how a pet behaves with their family and their situation, but you if you put it in a house with other families, oftentimes with other children, there's no way you can guarantee how it will react," Olson said. "There also could be someone with allergies." The program has allowed the animal shelter to reserve two dog and two cat kennels to be used by families and individuals seeking shelter from domestic abuse, as well as used by law enforcement in emergency situations. The grant also allows funds for the animal shelter to fully vaccinate the pets. In addition, the families are encouraged to volunteer at the animal shelter, which has appeared to be therapeutic for some of the animals. "Sometimes, if we have a dog or a cat that has come from an abuse situation, I think pairing them is very therapeutic for both," Hurley said. "I've had kids and adults sit in kennels for hours with the dogs. They don't touch them. They just let the dogs get used to them and, sooner or later, the dog is on their lap. I think it's beneficial." The organizations have security measures in place for protection against the abusers. Since confidentiality plays a key role in protecting abuse survivors, the partnership with the animal shelter has been beneficial for the those seeking shelter with Bright Horizons, too. "You just can't imagine the sense of relief of knowing, 'I can bring my pet, and it'll be taken care of,'" Olson said. "But the shelter — because of the confidential location — it's pretty restrictive. ... For them to be able to go out and do something that doesn't cost them money, it's just huge to have a place to go and have purpose."



Human Trafficking & Stalking Awareness Month

By: Emily Elsbury; O'Neill Outreach Coordinator

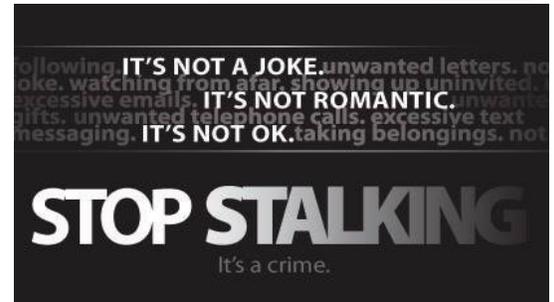
For the month of January, Emily and I outreached to food pantries, homeless shelters, hair & nail salons, and tattoo parlors. The awareness's we focused on for this month were Stalking and Human Trafficking. According to, "Nebraska Family Alliance's website", Sex trafficking is a specific category of human trafficking in which people are sexually exploited by means of force, fraud or coercion. And this can also align with stalking. A predator searching online, scoping out the area by driving around neighborhoods and schools. Hanging out around playgrounds or at public events. Possibly messaging the victim online to coerce the young teen into thinking that a better life is in store if they were to meet up. False promising of money, gifts, love. That is why our job is to be current with social media platforms and reaching out to communities in any way that we can to get the word out! Whether that be speaking at local businesses, church groups, or schools and handing out flyers, brochures, and posters!



That's Not Love

By: Emily Elsbury; O'Neill Outreach Coordinator

Sarah was a junior at Meadow High School. She was very outgoing and friendly. She had never met a person that didn't connect with her in some way. She was always succeeding in her classes and sports. She has been in relationship with her boyfriend, Liam, for almost a year. Their relationship was praised and admired by many. What their peers didn't know about their relationship was that on the inside, Sarah was miserable. She was tired of the mind games and put downs. The false compliments, gifts, and Liam's obsessive behavior. It was almost suffocating. Liam was such a different person now. She felt as though no one would believe her. It had gotten so bad that the last time she had tried to break things off with Liam, he had gotten so close to her face. His broad frame towering over her. Basically, spitting at her with every word, threatening to spread awful rumors because otherwise without him she was a nobody. She didn't know who to turn to. And it was so confusing at times. He could be so sweet and attentive one moment and extremely tense and upset the next. An apology gift always followed to mend whatever argument had ensued beforehand. There were moments when she was scared for her life. If she didn't reply to his messages right away venomous accusations were thrown her way. It never seemed to stop. Sarah was at her breaking point. Sarah started seeing her school counselor for help. Over a period of time, Sarah was able to end the toxic relationship. Liam did not let go quietly. He wouldn't stop begging her to "fix" both of their problems. Doing this through email, non-stop text messaging, endless calls, and voicemails, posting and messaging on all of her social media pages. The gifts kept coming. Every day there would be one on her front step. He started to call the landline at home. Speaking in rushed mumbled words all tangled up, reaching a level of desperation to have contact. Her parents were very concerned. The harassing and stalking became so extreme that Sarah wasn't able to sleep at night. Worrying that Liam could be outside her window. He would show up randomly while she was running errands or out with friends. She would catch him staring at her from a distance. It was terrifying. She disclosed everything she had been experiencing to the school counselor and they were able to get enough evidence together to take to the police. Together with the support of her family, the principal and school counselor, Liam was suspended and had a restraining order put against him. Sarah decided to change the privacy settings and block Liam on her Facebook and Instagram accounts. She changed her phone number and ended up transferring to the neighboring high school. Yes, Sarah's world was turned upside down. Sarah was only able to do all of these things from support from the school and her family. She still cared deeply for Liam, but knew that the way the relationship was headed was destined for more heartache and pain and Sarah knew that wasn't love.

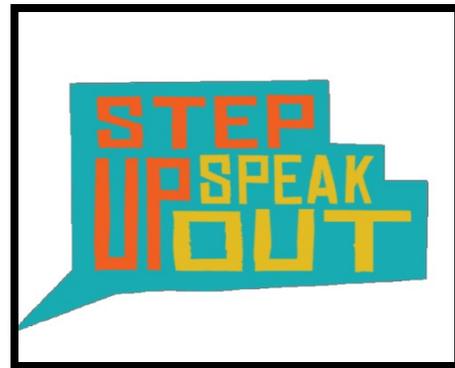


If you ever find yourself in a situation like this, please reach out for help.

February is Teen Dating Violence Awareness Month

By: Emily Putters; Norfolk Outreach Coordinator

What words do you use to describe a healthy relationship? Healthy relationships are based on equality, respect, boundaries, open communication, trust, and commitment. No relationship is perfect and of course there will be ups and downs but there is a fine line between healthy and unhealthy. Unhealthy relationships can include name calling, control, isolation, intimidations and threats, physical violence, pressuring someone to do something they are uncomfortable with, even non consensual sex. This month was all about prevention! We reached out to middle and high schools to talk to youth about what each type of relationship looks like. Our goal is teach others about the warning signs of abuse and what to do if they need help.



For more information check out:

stepupsppeakout.org

loveisrespect.org

breakthecycle.org

that'snotcool.com

Did you know that...

- 1 in 3 teens experience sexual or physical abuse from a girlfriend or boyfriend each year
- Social norms play a big role in dating, domestic, and sexual violence and violence prevention
- You can change the norms, attitudes, and behaviors that contribute to violence

Maybe someone you know is in an unhealthy or abusive relationship. **What do you do?...**

- Get the facts - educate yourself on dating, domestic, and sexual violence
- Take a stand - if you see it, say something
- Never blame the victim - no one deserves to be abused
- Listen - give the victim space and time to tell their story

Campus Advocacy

By: Lindsay Olsen; Campus Advocate

We are excited to announce that we have been able to add the position of a Campus Advocate to our staff. We had the opportunity to apply for additional grant funds in order to make this happen. I was formerly a part-time shelter advocate and have been with Bright Horizons for just over a year. I accepted the position of the Campus Advocate in October and am so excited to begin this new journey! The first couple of months after accepting this position, my time was spent researching information on sexual assault and domestic violence on college campuses, campus advocacy, and learning about different prevention plans and policies. I am planning to attend more trainings focused on campus advocacy as well. I also had the opportunity to travel to surrounding colleges and meet with their campus advocates to see how they have integrated advocacy on to their campuses, how they are able to relate to the students, and also how they have adjusted to working alongside their colleges to promote the work that they do. I was definitely grateful for all of their help, guidance, and the time that they took to show me around and help me see what their days on campus look like. My time will primarily be split between working in our business office and working on campus. While on campus I will be doing outreach and meeting with students in addition to being involved with campus activities. My hopes are to become a familiar face and that students will feel comfortable reaching out to me for help if they need it. Another part of my position will include providing trainings to staff and faculty and presentations in classes for students about sexual assault and domestic violence. In the upcoming months we will be deciding on a set schedule as to when I will be on campus. I look forward to building a relationship with Northeast Community College and the students as well and can't wait to see what the next few months bring!



Education Available

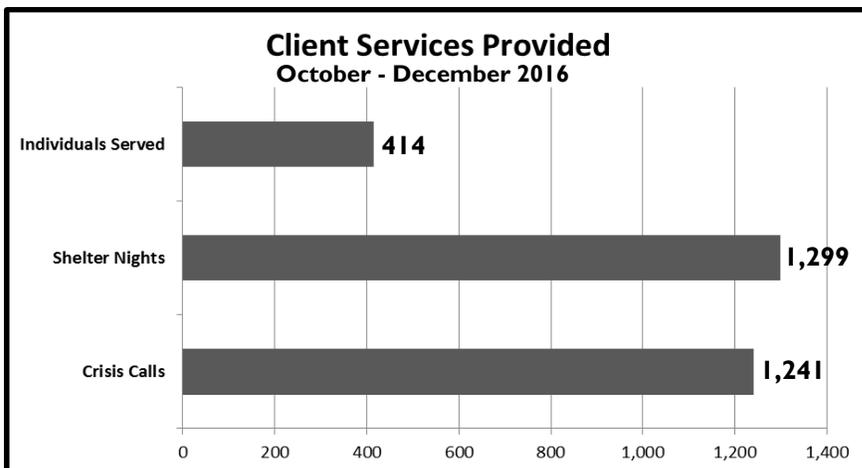
Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call the Norfolk, O'Neill,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

Meet Our Newest Staff Members!



Hello! My name is Amber Mandl, I graduated from Stanton High School in 2012 and am currently about to finish college at Wayne State with a Bachelor's of Science Degree in the Human Service Counseling field! Before working here I worked with the Intellectually Disabled for 3 years. I was so excited to be offered the job as the Shelter Advocate and broaden my knowledge with DV/SA victims. What I love about this job is that there is always people that need help and I love being the one that is there for them when they need someone the most.

My name is Tracy Baker. I am the new Criminal Justice Liaison and Shelter Manager here at Bright Horizons in O'Neill. I was born and raised here in O'Neill. I am married and have 2 children and one amazing Grandson. I am very excited to be starting this new position. Everyday will be a learning experience for me. I look forward to the rewarding outcomes of what this position will bring. Also I will be able to give back to the community I grew up in.



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

Alicia Boyle	Kerrie Boettcher	Christ's Kids Methodist Church—Wausa	Pinnacle Bank O'Neill
Amy Acklie	Loris Holz	Culvers	Prairie Hills Ford
Amy Timmerman Family	Lyla Beed	Delta Kappa Gamma—Norfolk	Premier Marketing
Anthony Beardslee	Margaret Reiser	Elgin Public School	Presbyterian Women's Group—Norfolk
Arlene Miller	Marilyn Blunk	Elkhorn Valley Bank—Norfolk	Renewed Hope—Norfolk
Beth Larson & Family	Marilyn Schaaf	First Christian Church Mother's Group—Norfolk	Shepard of Peace
Betty Kirchner	Martie Borer	First Congregational UCC	St. Boniface Elementary School—Elgin
Brenda Carhart & Family	Melanie Morgan	First United Methodist Church—Norfolk	St. John Lutheran Ladies Aid—Madison
Cathy Vandersnick	Mike & Suzi Chipps	First United Methodist Faith Builders—Norfolk	St. John's Lutheran Quilting Ladies—Pilger
Celise Swanson	Mindy Schroeder	Frontier Bank—Madison	St. Leonard's Elementary School
Charlotte Easland & Family	Molly Zimmerman	Good Life Counseling—Norfolk	St. Mark's Lutheran Church—Bloomfield
Christy Deseive	Nancy Naprstek	Grant Elementary School—Norfolk	St. Mary's Altar Society
Coleen Bressler	Nancy Tomjack	Great Dane—Norfolk	St. Mary's Episcopal Church—Basset
Dave & Judy Wehrle	Nellie Knapp	Immanuel Lutheran Church—Osmond	St. Mary's High School—O'Neill
Deann Stodola & Family	Orlin & Carol Olson	Inman Community Church	St. Michael and All Angels Episcopal Church—O'Neill
Dennis & Nancy Larsen	Patricia Druke	Ladies Auxillary—O'Neill	St. Peter & Paul Church of Sacred Hearts Parish—Butte
Don Schneider	Roger Chamberlin	Lead & Stone—Norfolk	Stuart Post Office
Doernemann Family (Annette Baumert)	Rosemary Frey	Lutheran Home Schooling Group	Thabor Lutheran Church—Wausa
Doug & Tish Chaney	Sara Merrill & Family	Madison FFA	Thabor Lutheran Church Women of ECLA—Wausa
Duane & Cindy Nelson	Sarah Wilson	Medtronic	Tri County Bank—Stuart
Ed & Rosemary Rutten	Scott & Kaylyn Preister	Mission Quilters Our Savior Lutheran Church—Norfolk	Trinity Lutheran—Elgin
Ellen Curtz	Scott & Lori Kunz	NCDHD	United Methodist Church—Page
Geraldina Benton	Scott Warner	Nebraska American Veterans Association—Norfolk	United Methodist Church—Verdigre
Ivan Bellar	Sharon Babl	Norfolk Catholic Elementary School	United Methodist Church—Wausa
Jan McGrath	Shelly Freudenburg & Family	Norfolk Medical Group	Urgent Care—Norfolk
Janice McClain	Shirley Garwood	Norfolk Nitro Soccer	West Boyd Public School—Spencer
Jenny Bender & Family	Steve & Brenda Kimes	Norfolk Public Schools	West Holt Medical Services—Atkinson
JoAnne Morris	Steve & Karen Warner	Parkside Manor—Stuart	Women Embracing Business
Jolene Timm	Sue Lenhoff & Family	Peace United Church of Christ Women's Fellowship—Tilden	Women of the ELCW St. John's Lutheran Church—Atkinson
Jon & Patricia Widner	Teresa Dusatko		
Judy Heiss	Trisha Schulz & Family		
Judy Wallinger	Alpha Nu Society—Norfolk		
Kate Lassila	Bits & Pieces—Stanton		

Thank You

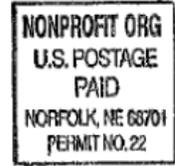
Bright Horizons Shelter Wish List

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
601 E Norfolk Ave
Norfolk, NE 68701
(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:



April is Sexual Assault Awareness Month!

8th Annual Awareness Walk—April 6th See Flyer!

Denim Days—Throughout the Month of April See Flyer!

Norfolk Chamber Ribbon Cutting— May 17th at 10:30am Norfolk Bright Horizons Business Office

Project Homeless Connect—June 23rd Norfolk Senior High School

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

Also find us online and on Facebook!