

### Resources for Survivors of Domestic Violence and Sexual Assault

#### Prevention is Possible

Posted By:

Emily Putters; Norfolk Outreach Coordinator



Sexual violence is a widespread problem, but the good news is it is preventable. Prevention requires many voices and roles. There are many ways individuals, communities, and the private sector can take action to promote safety, respect, and equality.

Prevention aims to stop sexual violence before it has a chance to happen. It is possible to create a community where everyone is treated with respect and equality. This can be done by promoting safe behaviors, thoughtful policies and healthy relationships. Prevention strategies that address the root causes and social norms that allow sexual violence to exist in the first place are the most effective. This means making the connection between all forms of oppression (including racism, sexism, homophobia, ableism, adultism, ageism, and others). Oppression creates a culture in which inequality thrives and violence is seen as normal. Many communities are already reducing the risk of sexual violence through efforts that promote safety, respect, equality, and accountability.

All forms of oppression contribute to sexual violence. Oppression condones sexual violence, uses power over others, and excuses unfair treatment and harm. Consider how sexism, racism, and transphobia are used to silence violence and abuse. What are other examples?

As individuals, all of us have a role to play in creating safe environments. We can all intervene to stop problematic and disrespectful behavior, promote and model healthy attitudes, behaviors, and relationships, and believe survivors and assist them in finding resources.

The time for prevention is now. Join us in promoting safe behaviors, thoughtful policies, and healthy relationships. Your efforts are important and necessary. Together, we can create safe and equitable communities where every person is treated with respect.

Bright Horizons can provide help. In crisis situation, contact 1-877-379-3798. For more information, visit [www.brighthorizonsne.org](http://www.brighthorizonsne.org).

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## Volunteer Spotlight

My name is Megan Stalling, and I'm an intern at Bright Horizons in Norfolk. I switch off every day from working at the shelter and the office. I am from Wayne, NE and graduated from Wayne High School in 2012. I began school at Wayne State College in the fall of 2012 with an elementary education major. I quickly decided that wasn't for me and changed to Human Service Counseling. I graduated in May 2016. I worked at North Star Services in Wayne all through college, but left there to do my internship! In my spare time I enjoy running, hanging out with my friends and family, and wedding planning. I'm very excited for this new journey and the experience I will gain at Bright Horizons!



My name is Michaela Croy and I am an intern at Bright Horizons. I am working on completing my Bachelor of Science in Human Service Counseling with a minor in Criminal Justice from Wayne State College. I completed an Associate's Degree in Human Services from Northeast Community College. So far, I have had an opportunity to work side by side with the advocates in the office, work with clients, and even take on a few small projects of my own. This agency has been wonderful for me. The training they provide is hands on. They offer many training opportunities to make sure we are comfortable and they are only a desk away in the office or a phone call away outside of the office if we should need them. My favorite aspect is the communication. They are all easy to talk to and approach but also because they make sure everyone is in the loop and aware. This has been vital to my success thus far in my internship. In my spare time, which is very limited with a full time internship and a full time job, I spend time with my fiancé and our family. I look forward to getting out there and finding my place in an agency.



*Be happy for this moment. This moment is your life.*

*Omar Khayyam*

The Ainsworth office is currently looking for volunteers to help with office coverage. Bright Horizons relies heavily on volunteers. They can help with a wide variety of things such as office assistant, organizing donations, and helping with the crisis line. If you or someone that you know would be interested in volunteering please contact Kristy at 402-382-5676.

Thanks!



## First Ever Norfolk Area Big Give A Huge Success!

By: Linda Olson; Executive Director

The Philanthropy Council of Northeast Nebraska sponsored the first ever Norfolk Area Big Give on Tuesday May 24<sup>th</sup>, 2016. The goal was to raise awareness of the different nonprofit agencies serving the Norfolk area and to have 300 unique donors.

The 24-hour giving day raised over \$86,000 for the nonprofit agencies. “The most exciting part of the day was to see the number of individuals participating and donating to their favorite causes”, stated Linda Olson, Bright Horizons’ Executive Director. “By mid-night there were over 1358 donors. This event definitely shows that with everyone working together great things can happen.”

The Philanthropy Council is a collaboration of the area nonprofit agencies. The group was established in 2010 and works to build a culture of philanthropy in the Norfolk area. Linda Olson serves as treasurer for the group.

The Philanthropy Council each year sponsors a Youth Philanthropy Contest, a Celebrate Giving banquet, and recognizes different donors and volunteers in the community. In 2016, Bright Horizons’ supporters Karen and Steve Warner were recognized as the Philanthropist of the Year.




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## Denim Days

By: Emily Elsbury; O’Neill Outreach Coordinator

Every year in April since 2005, Bright Horizons has encouraged businesses to participate in Denim Days during Sexual Assault Awareness Month by donating to wear jeans at their businesses. Each business could either set out a can for their employees to donate spare change or decide on paying a couple of



Casual for a Cause

**April is Sexual Assault Awareness Month**

Wearing jeans to work on Friday’s in April or selling free Denim Day Coupons to employees is a great way to let your employees and your business support your local community.

**your participation helps to raise funds for survivors.**

402.379.2026 Norfolk • 402.336.1774 O’Neill • 402.382.5676 Ainsworth

[www.brighthorizonsne.org](http://www.brighthorizonsne.org)

bucks by wearing jeans on Fridays with the purchase of coupons. Our organization sheds light on sexual assault because it is our mission to keep the community aware of what it is and the seriousness that surrounds it. Sexual assault is a crime motivated by a need to control, humiliate and harm. Perpetrators use sexual assault as a weapon to hurt and dominate others. Sexual assault is forced or coerced sexual contact without consent. Consent is the presence of a clear yes, not the absence of a no. For a victim, sexual assault can cause immense guilt and shame. According to the Bureau of Justice Statistics, Criminal Victimization, 2010, National Crime Victimization Survey:

- In 2010 there were 188,380 reports of rape and/or sexual assault in the United States.
- More than half of rape and sexual assault crimes take place between 6pm and 6am.
- Females are more likely to be victims of rape or sexual assault (182,000) than males (40,000).
- Most victims of rape or sexual assault are females younger than 24 years of age.
- Most rapes committed against women are committed by an intimate partner (spouse, boyfriend/girlfriend) or someone else they know (friend, family member, acquaintance).

All proceeds of Denim Days go towards victims and survivors.

## 7th Annual Sexual Assault Awareness Walk

By: Christy Lee; Norfolk Program Director

### It Happens Here

This was the campaign for our Sexual Assault Awareness Walk this year. The event was held April 21<sup>st</sup> at the Sunset Plaza Mall. Over 25 businesses stepped up to show their support of sexual assault survivors and to help in raising awareness.

Approximately 100 people participated in the walk and many more bought chances to win our raffle, a Husker mini-fridge, as part of our fundraiser.

Sexual Violence remains one of America's largest college and university problems, in large because of a lack of campus discussion. The **IT HAPPENS HERE** campaign was started by Middlebury College survivors and allies who believe recognition and discussion of the problem is the first step towards change. This project empowers survivors to use their personal stories to illuminate the prevalence and human impact of sexual violence.

Bright Horizons is dedicated to eliminating domestic violence and sexual assault through empowerment, education, social action and support services. With your help we can all make a difference. Thank you to everyone that participated or helped in any way.



Bright Horizons Staff

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## June is Elder Abuse Awareness Month

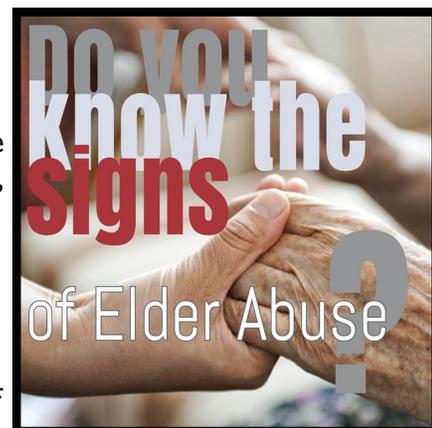
By: Megan Stalling; Norfolk Intern

Elder abuse happens more than one might think, but it is highly under reported. Elder abuse is knowing, intentional or negligent act by someone that causes harm or serious risk of harm to a vulnerable adult.

Research indicates that more than one in ten elders may experience abuse of some type, but only about half of those are reported. It can happen to males and females, any culture or race, and affects all socioeconomic classes. Abuse can occur anywhere: in the adult's home, nursing homes, assisted living facilities, or hospitals. Research shows that it is most often perpetrated by the individuals own family member.

There are several different types of elder abuse including: physical, emotional and sexual abuse. Exploitation, neglect, abandonment, and self-neglect are also forms of abuse. Some warning signs include, but are not limited to: unexplained bruises, slap marks, lack of medical care, pressure ulcers, withdrawal from normal activities, sudden change in finances, unusual bank withdrawals, and bruises around breasts or genital areas. Dementia often plays a role in the victim; mental health issues and substance abuse are both significant risk factors in both the victim and abuser.

What should you do to prevent elder abuse? Always be mindful of the possibility of abuse and watch for possible warning signs. Report suspected mistreatment to your local Adult Protective Services or law enforcement. Try to keep in contact with your older friends and family; this might give them a chance to talk to you about problems. Also, try volunteering at local programs that give assistance to seniors. There are many things that we can be doing to help stop elder abuse, but the first step is to be aware. If you suspect elder abuse, you can report it to Nebraska Adult Protective Services at 1-800-652-1999. If you have any questions regarding elder abuse or need more information you can contact our office at 1-877-379-3798.



## National Immigration Training

By: Celeste Guzman and Zenaida Zarate; Bilingual Advocates

We had a great opportunity to attend a national immigration training in Tysons Virginia April 27<sup>th</sup>—28<sup>th</sup>. Besides taking some time to visit some of the wonderful historical sights in Washington D.C., we were able to meet many people from all over the U.S. who were working in the same area as us. The immigration training was called The Legal Advocate’s Perspective; “Board of Immigration Appeals Recognition and Accreditation and Immigration Legal Services for Abused Immigrants”. The training was put on by the U.S Department of Justice Office on Violence Against Women (OVW), in partnership with Catholic Legal Immigration Network, Inc. (CLINIC) and ASISTA Immigration Assistance. Together we learned many ways to assist individuals in the immigration process.

A huge part of the work we both do as Bilingual Advocates is to assist Spanish speaking victims of domestic violence, some of whom may also have an undocumented status. As advocates we can work with these victims to gain legal status because of their domestic violence situation. One way to do this is to help the victim apply for a UVisa. The UVisa is an immigration benefit that can be sought by victims of certain crimes who are currently assisting or have previously assisted law enforcement in the investigation or prosecution of a crime, or who are likely to be helpful in the investigation or prosecution of criminal activity. Qualifying for a UVisa is a very long process and can take years to complete. While at the training we learned a lot about the different terms used in immigration and who is able to apply for status or adjust their status. We learned about the different types of Visas that individuals can qualify for, what that process consists of, and how long qualifying takes. With that we also learned about deportability. On the second day we focused on ethics, case management, U Visas and VAWA petitions. About 400,000 individuals apply every year for UVisas and only about 10,000 will successfully qualify. While this training provided a lot of information, it was very beneficial and will help us better serve the needs of our clients.



Left: Celeste Right: Zenaida



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## Working With Law Enforcement Training

By: Amanda Veit; Norfolk Criminal Justice Liaison

The Working with Law Enforcement training was May 17<sup>th</sup> at the Law Enforcement Training Center in Grand Island. This was an amazing training where advocates and law enforcement were able to interact in a “safety zone.” Advocates were able to ask law enforcement any questions they had and vice-versa. Law enforcement explained to the advocates what in the past has been successful when working with survivors and advocates and what could improve. Together, the advocates and law enforcement came up with different barriers they have experienced when working with survivors. Some of the barriers included confidentiality, language, culture, resources, funding, distance, expectations, collaborations, and miscommunication. Ideas of how these barriers can be surpassed in the future were discussed as a group. Very valuable and beneficial information was taken away from this training. The Nebraska Coalition to End Sexual and Domestic Violence is hoping to host this training once a year.



## THRIVE Afterschool Program

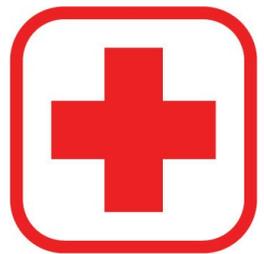
By: *Shelby Schmitt; O'Neill Criminal Justice Liaison*

Hi, my name is Shelby Schmitt! When I started this position a few months ago, one of the tasks I was assigned was to take over the THRIVE after school program for our agency's part in it. The THRIVE program takes place at the high school and provides opportunities for students to exercise, play, socialize, and enjoy learning in a fun, safe, and nurturing environment. There are a range of services provided through the program, including but not limited to: activities promoting personal wellness, family engagement, character development, academic enrichment, life skills, and homework assistance. For the most part, character development and personal wellness is where I get to come in. I was able to come in and speak to the kids about things like healthy relationships (what they are, and what they aren't), staying safe on social media, healthy eating/eating disorders, and bullying. I gave them resources on how to deal with some of these things that may come up during their high school and college years, and how to get help when necessary. It was such a great experience to be able to give the kids in the THRIVE program knowledge that is necessary to have, but often times is neglected or overlooked. I'm excited to come back next year with new material and different ways to teach the kids about important things, but with a fun twist.

## Mental Health First Aid Training

By: *Kristy Beard; Ainsworth Program Director*

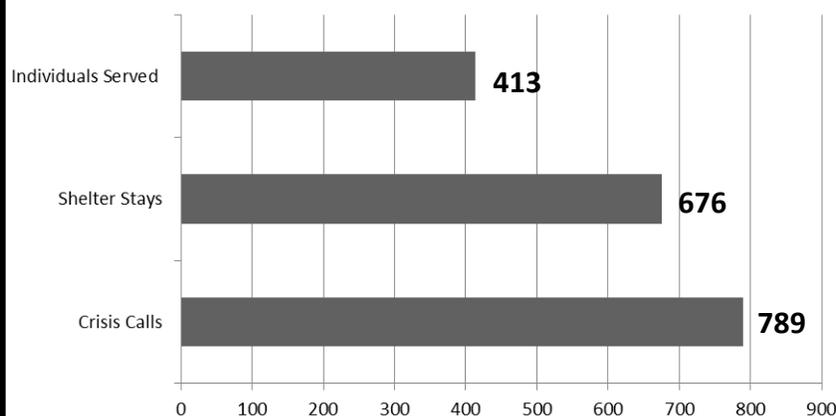
Mental Health First Aid (MHFA) is an 8 hour training course that is designed for anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or is in a crisis situation. MHFA gives individuals the tools to help friends, family, colleagues and other people in their communities. MHFA teaches: risk factors and warning signs of mental health concerns and information on depression, anxiety, trauma psychosis and substance use. Mental Health First Aid is provided at no cost through Region 4 Behavioral Health Service Area. If you are interested in scheduling a free Mental Health First Aid training for your organization please contact Kristy at 402-382-5676 or [Kristy.beard@brighthorizonsne.org](mailto:Kristy.beard@brighthorizonsne.org).



## 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



### 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.

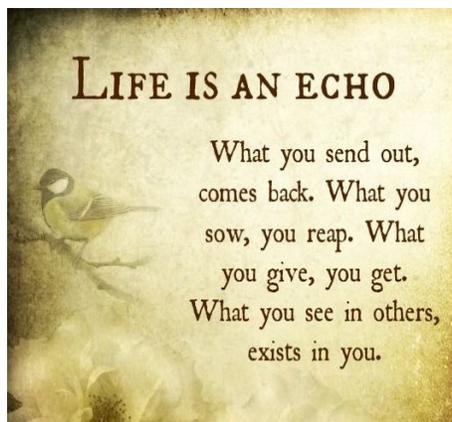
# Last Quarter Supporters of Bright Horizons

Amanda Danahy	In Memory of Elwin Babl	Romaine Boerma	Heritage Financial Services, LLC	St. Mary's Altar Society & Sacred Heart Parish— Butte
Andy & Linda Goebel	Ilow Meinecke	Ron & Ben Grenz	Holz Lumber & Hardware	St. Mary's Episcopal Church— Bassett
Angela Andersen	Jerry Cuddy	Ron & Vicki Cork	Insurance Associates	Sts. Peter & Paul Catholic Church—Butte
Anita Babutzke	John & Teresa Janzing -	Rosemary Frey	Integrated Life Choices	Subway
Ann Austin	In Memory of Elwin Babl	Roxanne O'Neill	Kaup's Financial Advisors	Sunset Plaza Mall
Ann Meyer	Joyce Huston	Sandra Dostal	Kimes Financial Services	Telebeep Wireless
Ann Olberding	Jozette Kozisek	Sandy Hoefer	Knox County Clerk—Center	The Clothing Co./Photo
Arnold Hall	Judy Artl	Scott & Lori Kunz	Langan Dental Health Center, PC	The Willows
Ben & Alison Olson	Judy Eggerling	Sharon Babl	Lutheran High Sophmores—Norfolk	Tompkins Insurance
Betty Kirchner	Judy Frickel	Sharon Sorrells	Methodist Church	Tu Casa
Bev Hartz	Karen Kotrous	Shirley Pacha	Mindy's Gazebo & O'Neill Family Pharmacy	Tyson Foods
Bianca Ramirez	Karen Thompson	Skye Cavaness	Moody Motors	UCC-UMC Children's Mission Fund—Creighton
Brenda Pick	Kathy Sidak	Tammy Bazelmann	NCDHD	United Methodist Church Women— Atkinson
Caleb Shulte & Lura Goeke	Ken & Shirley Stoltenberg	Wanda Kracl	NCEA Grant Elementary School	Wacker Home Improvement
Carol Ann Holz	Kim Estes	A to Z Answering Services	Nebraska VR Vocational Rehab	Wakefield Insurance
Carol Dubsy	Larry & Kathy Kliment	Ainsworth Flowers & Gifts	Newman Grove Ministry Association	West Plains Bank
Carol Olson	Laurie Whitney	All Angels Episcopal Church	Norfolk Catholic 3rd Grade Class	
Cathy Vandersnick	Linda Olson	Bethany Church—Chambers	Norfolk Transmission & Muffler	
Charles & Connie Everett	Linda Thramer	Braun's Food Center	Northeast Nebraska Chiropractor	
Cheryl Schmidt	Lois Poessnecker	Brandon Doke FBFS	Norfolk Regional Center	
Christal McDonald	Loretta Gill	Canham Maytag	NRC Spark Plugs—Norfolk	
Cindy Parshall	Marian Roberg	Casey's General Store	O'Neill FCCLA	
Connie Dowd-Molvig	Martha Borer	Celia Homemakers	O'Neill Rotary	
David & Stephanie Safty	Nancy Tomjack	Country Creations	Our Savior's Lutheran Church—Spencer	
Dan & Jan Sobotka	Pat Kiser	Dr. Pepper and Snapple Group	Page Community	
Deb Freese	Pauline Waldo	Elkhorn Valley Bank	Pinnacle Bank	
Dianne Fredrick	Pearl Farewell	Farmer's Merchants	Ponca Tribe—Norfolk	
Eileen Moss	Ranell Otte	Farmer's Store	Ponca Tribe—Lincoln	
Father James Kramper	Rebekah Gartner	First Christian Church	Quilter's Candy Shop	
Francis Kaup	Renee Mitchell	First National Bank	Reiser Insurance	
Gaylene Mitchell	Rex & Kay Kaup	Frontier Bank	Renewed Hope	
Gene Kelly	Richard & Charlette Wright -	Go Figure for Women	Renner Wraps	
Gerald & Sharon Hoyt	In Memory of Elwin Babl	Golden Living Center	Special T's and More	
Grace Matthews	Robert Gude	H&R Block	St. Francis PCCW	
Harlan & Shirley Good-	Rollin Tuttle	Henningsen Foods	St. Mary's Altar Society— O'Neill	

*Thank you*

## Bright Horizons Shelter Wish List

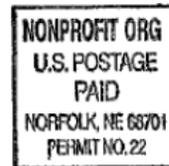
Paper Good Supplies  
 Cleaning Supplies  
 Air Fresheners  
 Disinfectant Wipes/Spray  
 Dish/Laundry Soap  
 Fabric Softener  
 Trash Bags— All sizes  
 Light Bulbs 40-60 Watt  
 Hand Soap  
 Food Items  
 Bottled Water  
 Zip-Lock Bags/Tupperware



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

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Norfolk Office  
305 N. 4th  
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.brighthousene.org](http://www.brighthousene.org)

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If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Emily at 402-379-2026 or at [emily@brighthousene.org](mailto:emily@brighthousene.org)

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**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.**

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### Upcoming Events

6th Annual Multi-Family Garage Sale— July 8th See Flyer!

Color Run—July 16th See Flyer!

Family Fit n' Fun—July 30th at the Pohlman Ag Complex

National Night Out— August 2nd at the Madison City  
Auditorium 6pm-7:30pm

Save the Date!

Women's Wellness Event—September 29th in O'Neill

Candle Light Vigil—October 12th in Norfolk

National Training by Speaker Tom Tremblay—October 20th in Norfolk

More information to follow!

**Don't forget to sign up to get the newsletter electronically by emailing [emily@brighthousene.org](mailto:emily@brighthousene.org)!**

**Also find us online and on Facebook!**