

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

Norfolk Office
305 N. 4th
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
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

Call 402-379-3798 or 402-336-1774 or 24 Hour Crisis Line 1-877-379-3798
Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton counties.

UPCOMING EVENTS:

- Boyd, Holt CRT Meeting— September 18th 12 Noon at Courthouse Annex in O'Neill
- Pierce-Knox CRT Meeting— September 30th Time TBA at NENCAP in Creighton
- Madison CRT Meeting— October 9th Time TBA at Bright Horizons in Norfolk
- Women's Wellness Event— Sep. 25th See Flyer!
- Dueling Pianos— Oct. 16th See Flyer!
- Diaper Drive— Throughout November See Flyer!

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

Resources for Survivors of Domestic Violence and Sexual Assault

BRIGHT HORIZONS

3rd Quarter 2014

Expansion of Services

By Linda Olson; Executive Director

On July 1st Bright Horizons began offering services to survivors of domestic violence, sexual assault, dating violence, and stalking in Brown, Rock and Keya Paha counties. This expands the area we cover to ten counties in north eastern and north central Nebraska.

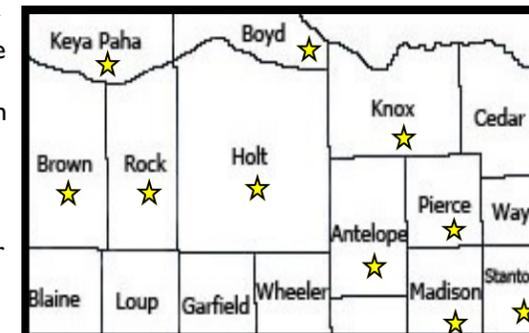
"We are very excited for this opportunity to expand our services and to work with the people in Brown, Rock and Keya Paha counties", stated Linda Olson, Executive Director. "We love being a part of the communities that we serve. This will be true for our additional service area as well."

For services please call 1-402-382-5676. This phone number will be transferred to our answering service at night so services will be available 24-hours a day, seven days a week. All of the services that Bright Horizons offers are confidential and free of charge. Please visit our website brighthorizonsne.org or find us on facebook for more information and updates.

Bright Horizons will be opening an office in the Brown County Hospital's Specialty Clinic at 938 E. Zero Street in Ainsworth. Our mailing address will be PO Box 313, Ainsworth, NE 69210.

We will be hiring a Program Director to coordinate services for these three counties. In the next year, Bright Horizons' staff members will be out in these communities meeting people and letting them know about our services.

If you would like more information or would like to get involved please call or e-mail.



2014 Awareness Months and Events

By Emily Schulz; Norfolk Volunteer Coordinator

September

- ◆ Campus Safety Awareness Month
- ◆ Patch Health Fair
Sept. 12th-13th
- ◆ Women's Wellness Event
-See Flyer!

October

- ◆ Domestic Violence Awareness Month
- ◆ Dueling Pianos -See Flyer!



November

- ◆ Diaper Drive— See Flyer!

December

- ◆ Adopt-A-Family Project

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Board of Directors

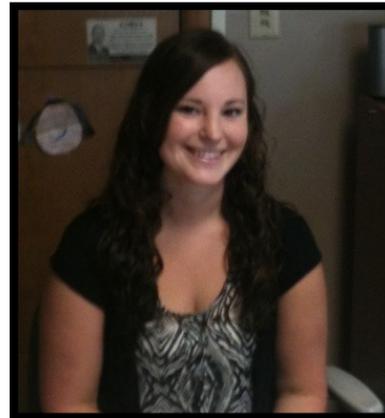
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Volunteer Spotlight

Internship Pays Off

By Emily Putters, Norfolk Volunteer Coordinator

We have some exciting news! Amanda Veit has accepted the position of Bright Horizons' Norfolk Criminal Justice Liaison! Amanda started at Bright Horizons as an intern completing 400 hours of experience. She started the position on August 4th and will be completing her Bachelor's Degree in Human Service Counseling in December. Amanda started her internship in May and finished it in July. In the time that Amanda has been with us, she has proved to be a hard working and caring person with a great positive attitude. We can tell she has a passion for this field and we couldn't be happier she joined our team! Congrats Amanda and welcome to the team!!!



*"If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose."
~Bishop T.D. Jakes*

GLOW Event

By Amanda Wallace, O'Neill Program Director

The Holt County Juvenile Services presented BRAVO with the Youth Area Resources Grant Award. BRAVO, along with Chesterfield West, hosted a youth night July 18th in O'Neill. The event served two purposes. One purpose was to give our area teens a positive place to spend the evening. Teens Christian Walsh and Paige Williams provided the night's entertainment. Music, contests, photo booth, door prizes were just some of the attractions. The second purpose was to raise funds for BRAVO to purchase a video camera. With the video camera BRAVO hopes to begin a new project capturing stories. The topics will not be limited, if you would like to share your story of surviving violence or your positive message contact BRAVO at BRAVO@brighthorizonsne.org. The group will begin this year's project to give people an outlet for healing and speaking out - all geared toward social change. Watch for updates about this project on O'Neill BRAVO's Facebook page. We would also like to thank our sponsors and volunteers that made this night possible. We look forward to hosting more with the help of Danny Douglas and Chesterfield West.



Aftershock

By Chance Buss; Aftershock Project Director

Norfolk Public Schools has received the 21st Century Learning Grant to provide after-school activities for 5th-8th grade students. Although NPS was awarded the grant, the program is open to all Norfolk Students within the same grade range. The Aftershock program will engage students in fun, active clubs to give students the opportunity to learn practical ways they can use their education, as well as, engage in activities that are not offered as regular after-school activities. If you are interested in enrolling a student, would like to volunteer, or would like more information, please contact the Project Director, Chance Buss at 402-644-2569 or by email at chancebuss@npsne.org.

Bright Horizons will be participating in Aftershock! Sign up for our group "You Are Enough." We will be discussing healthy relationships, bullying, and other youth related topics as well as fun games and other activities!

Last Quarter Supporters of Bright Horizons (April-June)

Janette Bartee	Kay Kaup	Pat Widner	Horses Unlimited
Cecelia Bazelman	Larry Kliment	Karen Wingett	NE Association of Family and Consumer Science—Wayne State College
Bill Borer	Patricia Madsen	America's Guardians Motorcycle Club	Norfolk Council of Church Women
Lou Brtek	Laurie Maguire	Carousel Thrift Store	Norfolk Women's Club
Alice Bockelman	Rose Marshall	Country Peace Makers Quilt Guild—Norfolk	O'Neill High School
Sherry Dinkel	Jan McGrath	Farm Credit Services	Target
Melodee Drenkow	Andrea McGregor	First Congregational Church—Norfolk	The Morning Kiwanis— Norfolk
Patricia Drueke	Laura Millard	First Presbyterian Church— Norfolk	St. Mary's Altar Society
Tammy Ducker	Patricia Moeller	First United Methodist Church— Norfolk	St. Peter's Church— Stanton
Jerry Cuddy	Joni Moore	Grace Community Church-Norfolk	Subway— O'Neill
Margy Ehrenfried	Ilene Mosel	Grace Lutheran Ladies Aid— Neligh	Sunset Thrift Store
Patty Ert	Ralph Olberding	Grant Elementary School— Norfolk	United Methodist Church— Neligh
Deb Freese	Lloyd & Linda Peterson		Wesleyan Women's Movement
Shirley Garwood	Gwen Pfiefer		Zion Lutheran Church
Jan Glandt	Emily Poessnecker		
Vickie Gillespie	Justin Podany		
Connie Gompert	Denise Schartz		
Harlan & Shirley Good	Jill Sheffer		
Janet Grosch	Dawn Smith		
Holly Guthard	Nancy Tiefenthaler		
Phyllis Hall	Jennifer Timmerman		
Barb Hart	Michelle Tunender		
Bev Hartz	Sue Tooker		
Kathleen Hoffman	Rollin Tutor		
Don & Sandy Holtgrew	Cathy Vandersnick		
Steve Humburg	Janice Vosler		
Nancy Holm	Kim Waddle		
Betty Johnson	Bernie Walter		
Teresa Johnson	Valerie Wecker		
Elaine Jonson	Lorene White		

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
- Pillows
- Bed Sheets— Twin & Queen
- Blankets
- Baby Care Items
- Disposable Diapers
- Baby Wipes
- Baby Formula
- Hygiene Products
- Over The Counter Medications
- First Aid Supplies

Another Successful Year for Annual Garage Sale

By Lacy Kimes; Shelter Manager

This year's annual multi-family garage sale held by members of St. John's Lutheran Church in Norfolk proved to be a success once again. The annual sale, which was held on July 18, raised \$2,194.69 for Bright Horizons. Organizers of the sale contribute the success to many things, including more advertising and more donated items from the community.

The organization of this sale is a year-long project for the members of St. John's that put it together. The members begin having discussions about what worked well for that year's sale and what didn't that same day. Their goal is to make the fundraiser as big as they can, but at the same time, make it an event that people in the community look forward to every year. "I envision the Bright Horizons Garage Sale to become so large that we have to move the event to a larger venue," Lori Olson, St. John's Lutheran Church member and Sale Coordinator. The sale committee takes the time to accept donations that week, organize items on tables and price them all. "We see some of the same shoppers every year and they tell us that they love coming to the sale because it's so organized and clean. We put a lot of time and pride into this event."

Advertising, and in turn, community participation, is a large part of making the annual sale such a success. I spearhead the advertising portion of the event. My job starts with creating a flyer in both English and Spanish that can be seen in various businesses in our 10 counties. I then reach out to local advertising companies that may be able to help our agency spread the word of the fundraiser. Norfolk Area Shopper, Norfolk Daily News, WJAG, US92/94Rock, and KPNO Good News Radio donated advertising for the sale. Bright Horizons also utilizes social media, such as our website and Facebook page, to get the word out. I am able to reach out to the community for donations to the sale, which contributed to having the biggest sale we have ever had.

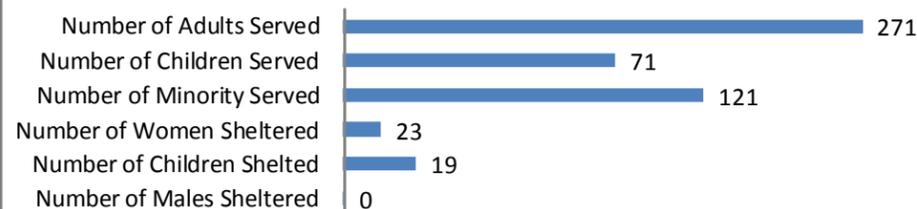
"My goal this year was also to educate the shoppers a little more as to who Bright Horizons is and who they help. I didn't want people to just come and shop and not realize who they were helping," Lori Olson.

More awareness was made by also displaying our "Silent Witness Project". We set up red silhouettes of victims in our service area that had lost their life at the hand of their abuser. Small flyers explaining where the money that day was going was also put in each shopper's bag.

Thank you to the garage sale committee and to St. John's Lutheran Church for opening up your church and helping us spread the awareness of this violence that is happening in our community. Your support is endless. And thank you to each community member who either donated items, bought items, and those that told us to, "keep the change".

Second Quarter Client Services for (2014)

April - June



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.

Not listed in this chart are the following:

- 1) Crisis Line Calls = 720
- 2) Shelter nights provided = 1084

Abuse Hurts At Any Age

By Katie Williamson; O'Neill Criminal Justice Liaison

Abuse can happen at any age from newborn up to 100+ years of age. A person that is abused later in life is an individual that is receiving any form of mistreatment that results in the harm or loss of that person. The victim of abuse in later life is usually 50 years or older. The abuser is often someone the victim has a relationship with such as a spouse, family member, adult child, a relative, or a caregiver. The tactics that are often used by the abuser include emotional abuse, financial exploitation, and physical abuse all of which usually occur in the victim's home.

Unfortunate Facts:

- For every case of elder abuse that is reported, five go unreported.
- Every year, an estimated 2.1 million older Americans are victims of physical, psychological, and other forms of abuse and neglect.
- Older women are more likely to experience domestic violence for a longer time, to be in current violent relationships, and to have health and mental health problems.

As advocates, the most common question that we hear is "why didn't they just leave?" There are hundreds of reasons why a victim of any age stays. When a victim is being abused later in life, they often do not leave because they love the abuser; keeping their family together is more important than their health, happiness, and safety. Other victims stay out of fear of being seriously hurt if they try to leave while other victims do not have the financial support that is needed to leave. Furthermore, medical conditions and disabilities may make living alone impossible.

If someone is hurting you, it is important to know that it is not your fault and you are not alone. You need to find someone that will listen to you, believe you, and keep your story confidential. Bright Horizons is always available 24 hours a day, 7 days a week through our crisis line at 1-877-379-3798. Please don't hesitate to call us. We believe in you; we believe YOU.



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 (402)379-2026 or (402)336-1774.

Poker Run

By Christy Abner; Norfolk Program Director

For the 3rd year motorcycle club Americas Guardians have held a poker run and donated 100% of the profit to Bright Horizons. The poker run was August 16th; we started in Hadar and rode to Royal, Creighton, Niobrara, Bloomfield and back to Hadar. The weather was great for the 40 plus people that rode. Everyone had the chance to win \$20 at each stop, great prizes at the end and of course a winning poker hand. We look forward to 2015 and our 4th poker run.





Recap of Events



Brave Girls

By Julee Pfeil; The Zone Afterschool Program Director

The Zone partnered with Bright Horizons the last three years to provide a camp for girls with the goals of strengthening self concept, character and social skills, creating a positive peer group, bond with female mentors, and establish a positive outlook for their futures. This years camp was July 7th–11th held at The Zone. The Zone received permission from the Brave Girls Club (<http://bravegirlsclub.com>), to use their “Soul Restoration” class to facilitate our “Brave Girls Camp” this summer. A combination of online videos, group discussions, and art activities were used to facilitate the camp. The Norfolk Arts Center and Arts Educator Kristina Backhaus, helped mentor the girls with their art projects. Cortney Arduser, Bright Horizons former Criminal Justice Liaison, also helped mentor the girls throughout the week. The ages of the girls ranged from 13-17 years old. Some comments on what they learned made by some of the girls are listed below.



“I won’t be so hard on myself.”

“I learned it’s never to late to change.”

“Confidence.”

“It’s always ok to be yourself and face your fears.”

“I have a beautiful soul inside me that’s been waiting to be let out.”

“This camp has been such an amazing experience, I wish it was longer.”

“I would do this again many times!”

Coffee Call

By Jamie Drahota; Bookkeeper/ Advocate

On July 16th we gathered at the Norfolk Area Chamber to have a coffee call with chamber members. The purpose of a coffee call is to familiarize businesses with each other in the community. This gave Bright Horizons a great opportunity to do just that! Christy Abner, Norfolk Program Director, talked about our services that we provide for victims of domestic violence and sexual assault. The staff also talked about upcoming events. The Norfolk Chamber does a coffee call or a ribbon cutting each week on Wednesday.



Tavern Burgers

From the Bright Horizons Cook Book



5 lbs. hamburger

2 med. Onions

2 cans tomato soup

2 T. vinegar

4 level tsp. salt and pepper to taste

Cook hamburger, add onions (chopped fine), soup, vinegar, salt and pepper. Simmer and serve on buns. This recipe is used by the Trinity Ladies Aid in Foster, NE.

Cop Shop Stop

By Katie Williamson; O’Neill Criminal Justice Liaison

The months at my job are flying by as I get more familiar with the local law enforcement agencies. I feel like the last few months have been stationed around the justice system from police stations and courthouses to legal advocacy trainings. I’ve definitely been living up to my job title! In the past 3 months Bright Horizons received 16 law enforcement calls and/or referrals where victims were seeking our services and support. This outreach from law enforcement is greatly appreciated and I greatly value the partnerships I am establishing with them. So kudos to the local law enforcements for keeping us involved and continuing to believe in what we do.

During my legal advocacy training I learned a lot of information pertaining to the probation system. I learned about their requirements and expectations of their clients along with how they can assist victims of domestic violence when they are working with the abuser. A fact that really stuck with me is that even if the abuser is only charged with disturbing the peace or assault by mutual consent, they still go in the probation system as a domestic violence abuser. They are considered a “high risk” client. During the training I was also able to further my knowledge about protection orders, harassment orders, and restraining orders.

I can truly say that I love my job. I love working with law enforcement; I love being able to be there for our clients; I love being able to continue my education and knowledge; and I love getting to know our community members. With that being said, watch out cops, I’ll be stopping by your shops soon!

Cultural Services

By Sonya Sandoval; Former Bilingual Advocate

Bright Horizons services are available to all survivors of domestic violence and sexual assault. We have bilingual Spanish speaking staff and utilize the statewide Spanish hotline to ensure that all of our services are available to the largest minority population that we serve.

We work to meet the needs of our Spanish speaking clients by collaborating with many other local, state and federal agencies. Bright Horizons was commended by Jorge Ernesto Espejel Montes, Consul of Mexico from the Consulate of Mexico in Omaha for the valuable work and advocacy provided by our agency to migrant women in this area.

Migrant or trafficked women face many obstacles and immigration is a very complicated issue. We are able to assist with this process by collaborating with other agencies. We continue to educate our staff on the regulations, process and procedures.

Lacy Kimes, Shelter Manager, recently attended a training in New Orleans titled “Creative Solutions to Strengthen Advocacy Options and Healing for Immigrant Survivors”. This training was sponsored by the US Department of Justice, Office on Violence Against Women in partnership with the National Immigrant Women’s Advocacy Project.

Lacy stated “Coming from a non-Hispanic person, with no experience in immigration issues, this training really opened my eyes. It made me realize the overwhelming amount of women that need to be served and the complicated issues that they face. This also made me aware of the options that are available. This was a great training but it also made me realize that we all have more to learn on these issues.”

Bright Horizons will continue to educate our staff members to better serve our Spanish speaking clients. If you are in need of assistance the statewide Spanish crisis line number is 1-877-215-0167 or Bright Horizons number is 877-379-3798.