



Resources for Survivors of Domestic Violence and Sexual Assault

Domestic Violence Awareness Month

By: Emily Putters; Norfolk Outreach Coordinator

With one in four women victimized by domestic violence in her lifetime, each of us knows someone who has been affected, whether we know it or not. The survivor may be a family member, a coworker, someone who worships with you, a friend, or an acquaintance. According to the U.S. Department of Justice, one in every four women will experience domestic violence in her lifetime. Domestic violence occurs in every culture, country, and age group. It affects people from all socioeconomic, educational, and religious backgrounds and happens in both same-sex and heterosexual relationships. Children are also affected by domestic violence, even if they are not abused or do not witness it directly. The majority of victims of domestic violence are women, although men can also be victimized. It is a societal issue that affects every community, our community. That is why we must take a stand to end domestic violence. The first step in doing this is through awareness. During the month of October, Bright Horizons staff have dedicated their time to spreading awareness. From spreading the word on the front page of newspapers to hosting events and presentations, we have had our hands full. Our Outreach Coordinators Emily Elsbury and Emily Putters along with Shelby Schmidt and Amanda Veit our Criminal Justice Liaisons, also took the time to reach out to all of our sheriff and police departments in our ten county service area. We met with officers directly to show our support and build better rapport. We offered them resources and talked about how we can work together to better assist victims. Our advocates at Bright Horizons work tirelessly to provide necessary services to victims and spread awareness. It will always be our mission to bring an end to domestic violence.

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Norfolk Police Department



Celeste Guzman & Zenaida Zarate



Holt County Sheriff's Department



O'Neill Police Department

Volunteer Spotlight

Meet Sara! Sara Mejia-Garcia started volunteering at Bright Horizons in August. She heard about Bright Horizons after a friend recommended volunteering here. Sara is going to Northeast Community College seeking a degree as a Physical Therapy Assistant and hoping to get into the program next year. Sara is originally from Kansas and most of her family is from Mexico. Sara helps with a wide variety of things in our office from answering phones to organizing donations. She has even helped us with Spanish translation! As a college student with a full schedule of school and work her hobbies included “eating junk food and sleeping!” We think it is so awesome Sara takes the time out of her busy week to help us out! She stated “the thing I enjoy most about volunteering is helping others in need.”



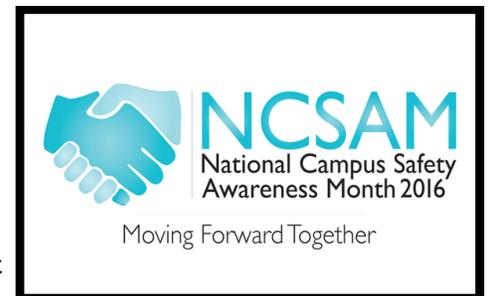
“You must be the change you wish to see in the world.”

- Gandhi

Campus Safety Awareness Month

By: Emily Elsbury; O’Neill Outreach Coordinator

During this month of September, Emily Putters and I outreached to college campuses and handed out pamphlets on sexual assault. In these pamphlets, there is information pertaining to laws, facts, resources and more on sexual assault. According to The United States Department of Justice, sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient. Falling under the definition of sexual assault include forced sexual intercourse, forcible sodomy, child molestation, incest, fondling, and attempted rape. No one deserves to be sexually assaulted. Drugs and alcohol may have been involved, but that still does not mean you deserved to be assaulted or that it is your fault it happened. The person who chose to pursue you and make the decision to assault you is in the wrong, not you. Just because someone might think it is their business as to how tight your clothing was that night, how much alcohol you consumed, or even if you were flirting too much. That is victim blaming. As if there was a neon sign on your forehead flashing “come and get it”. No. All human beings should be able to express themselves however they please. College is a time where you find yourself whether that be your future career, love, friendships, junk food, all while cramming for your exams. Spreading awareness about this specific topic is what our organization will keep on doing for years to come to educate people on campuses, and to diminish the stigma of rape culture!



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.

Diaper Drive 2016

By: *Jamie Drahota; Fiscal Manager*

The last six years during the month of September we, at Bright Horizons, have held a diaper drive. Over this time frame our community members have helped us raise 28,060 diapers. Our diaper drive has become a great success! The donations of diapers are greatly appreciated, and have helped many children who have been affected by domestic violence and sexual assault. Our staff truly appreciates all of the continued support, as this makes it possible for us to continue to serve victims of domestic violence and sexual assault. Again, thank you for your support and generosity.



Sunrise Place Holds Annual Recovery Rally

By: *Emily Putters; Norfolk Outreach Coordinator*

Bright Horizons was invited to attend the Recovery Rally hosted by the Sunrise Place in Norfolk on September 23rd. The Rally, celebrating its ninth edition, recognized and celebrated those who used Sunrise programs to overcome addiction. Hundreds of balloons were released into the night sky as part of the festivities which also included a free meal, a keynote speaker, raffles, a bounce house, and other kids activities. The fun is a welcome refreshment for Sunrise's clients, who went through a 30-day process to pass through their rehab program. It was important to us to be able to attend this event in part because of the relationship we see between substance abuse and the clients we serve. In fact national studies indicate that 74-90% of women in substance abuse treatment have experienced severe domestic and/or sexual violence from a partner in their lifetime. Bright Horizons was glad to be part of the event along with many other organizations who came to show their support.



Operation Engage America

By: *Emily Putters; Norfolk Outreach Coordinator*

Bright Horizons had the opportunity to attend Operation Engage America on September 24th held at NECC. It was a resource fair for veterans, service members, first responders and their families that provided free information and learning experiences on Post Traumatic Stress, Traumatic Brain Injury, and transitioning issues. The purpose of the event was to engage the community and it's resources and bring them together in one location for veterans to access them if needed. Many organizations and agencies were present to help with the health and care of our service members and their families. It was honor to be part of this event and to show our support to veterans. It was Norfolk's first time ever hosting Operation Engage America and we look forward to the opportunity to be a part of next year's resource fair!



Women's Wellness Event

By: Amanda Wallace; O'Neill Program Director

The 9th Annual Women's Wellness Event "Ladies Night Out" was a huge success. Bright Horizons, the Ponca Tribe of Nebraska, and the joint Advisory Board joined together to host more than 45 homebased businesses, crafters, community resources and more. Many of the same vendors joined us as well as some new faces. The doors opened at 5:30pm with a rush of ladies and gentlemen. As always Kim Ritter from Uptown Catering and Sue Baker from Irish Spirits did an amazing job of providing quality food and beverages. The evening featured two guest speakers and a new special event. The first speaker of the night was Christy Deseive. She provided her audience with a wealth of information on how to use essential oils for overall health. Her presentation was very informative about living naturally with essential oils. Deseive discussed where essential oils originate and how they can assist with the fundamentals of healthy living. Last but not least, Dr. Daniel Nekolite of Finish Line Chiropractic & Acupuncture in O'Neill presented "The Art of Acupuncture." He gave a brief history and overview of Chinese medicine. He also educated the audience about how acupuncture works, the different types, and its many uses. A new event this year was a "Painting Party" led by Jenni Demaray, senior independent gallery guide. In less than 2 hours, Jenny instructed painters through the basics of painting a fabulous piece of artwork. Emily Elsbury of O'Neill and Emily Putters of Norfolk, hosted a fun photo booth and sold Bright Horizons "Back the Blue" shirts. Overall it was a great evening! If you have never attended this annual event sponsored by Bright Horizons and the Ponca Tribe of Nebraska on behalf of the Women's Advisory board you will have to check it out. The date for the 2017 event will be September 28th.



The Clothesline Project

By: Jamie Drahota; Fiscal Manager

The clothesline was hung on display during October. This project is a visual display that bears witness to the violence against women. During the public display, a clothesline is hung with shirts. Each shirt is decorated to represent a particular women's experience, by the survivor herself or by someone who cares about her. Our project represents survivors in our 10 county areas. We would like to thank the places the clothesline project was displayed at. These places had our project hung the whole month of October.

- Pierce County Courthouse
- Northeast Community College Student Center
- Norfolk Junior High
- Norfolk Public Library
- Faith Regional Health Services
- Madison Public Library
- Stanton Public Library
- Heckert Health Center LLC



"THANK YOU"

Candlelight Vigil

By: *Shelby Schmitt; O'Neill Criminal Justice Liaison & Emily Putters; Norfolk Outreach Coordinator*

The Norfolk and O'Neill offices hosted two candlelight vigils this year. Vigils are to recognize and remember victims who lost their lives due to domestic violence. The vigil in Norfolk was held at St. John's Lutheran Church. Special thanks to Lynn Wattier for having the courage to share her story with us and empower all those who have been impacted by domestic violence. Her speech was accompanied by a graceful music performance courtesy of Jordan Miller and Sean Lingdren from Our Savior Lutheran Church. It was a beautiful service! The vigil in O'Neill was held at Ford Park in O'Neill at the gazebo. We were honored to have Phyllis Heidzig as our speaker for the event. She told her story and the many different wisdoms she has picked up on her journey through life. Phyllis served as the Executive Director for Project Response (domestic violence/ sexual assault agency) in Auburn, NE until she retired. It was a beautiful fall evening and we were thankful for the crowds that gathered. We are so blessed to live in our generous and supportive communities. We just want to say thank you to everyone who took time out of their evening to honor all the victims of domestic violence and support our agency and our mission.



Tom Tremblay

By: *Amanda Veit; Norfolk Criminal Justice Liaison*

Chief Tom R. Tremblay (Ret) has been an officer, detective, supervisor, police chief, and state public safety commissioner in his thirty years of work. Tom has always been a very passionate leader for domestic violence and sexual assault prevention. Tom now is a national and international advisor and trainer for police, prosecutors, advocates, higher education, the military, and the private sector. He brings a national perspective to all of his trainings. On October 20th, 2016, Tom Tremblay did a training in Norfolk at the Ponca Tribe of Nebraska. He presented on "Sexual Assault Investigations: Justice Begins with a Trauma Informed Approach" and "Leadership for a Coordinated Community Response to Domestic Violence and Sexual Assault." The multidisciplinary group he trained included law enforcement, advocates, therapists, prosecution, medical personnel, caseworkers, United States Air Force, Nebraska Army National Guard, dual diagnosis treatment center personnel, college/university personnel, and foster care personnel. There were 124 people that attended the training. In the morning Tom Tremblay trained on the importance of trauma informed approach in sexual assault investigations. He explained how trauma affects the body, and the "fight," "flight," and "freeze" response. He used many great examples from his own experiences as a police officer. In the afternoon, Tom trained on how vital coordinated community response is for victims. He gave examples and ideas of how the team should look, who should be involved, and what they should be doing. This training was sponsored by Bright Horizons, Legal Aid of Nebraska, Ponca Tribe of Nebraska, Madison County Sheriff's Office, Heckert Health Center, and Heckert Nurse Consulting.



Law Enforcement Appreciation Luncheon

By: Shelby Schmitt; O'Neill Criminal Justice Liaison

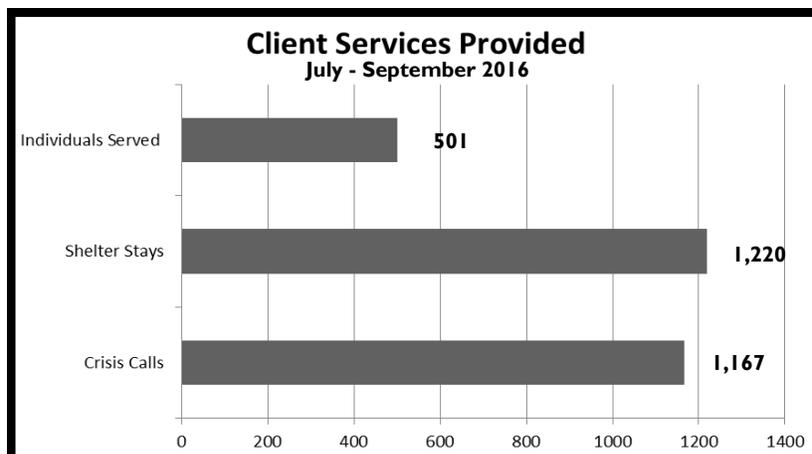
Thursday the 13th of October, a Law Enforcement Appreciation Luncheon was hosted at the Holt County Annex building. Bright Horizons, in a conjoined effort with District 8 Probation, Holt County Veteran Services, and Holt County Attorney's Office, put on a wonderful cream can lunch for all the local law enforcement. Brent Kelly the county attorney kicked off the luncheon with a few words as to why we were hosting the luncheon and a law enforcement prayer. In the months prior to the luncheon, Bright Horizons was able to sell "Back the Blue" t-shirts and sold them at a price just enough to cover the cost of the shirt. Everyone wore their shirts to the luncheon to show that we do "Back the Blue". We are all so grateful for everything law enforcement does for us every day, and we were happy to be able to be part of something that shows this.



Protect Our Children Conference

By: Kristy Beard; Ainsworth Program Director

Christy Lee, Shelby Schmitt, and myself had the opportunity to attend the 13th Annual Protect Our Children Conference in Kansas City, Missouri September 12-14th. Christy, Shelby and I along with other individuals from law enforcement, victim service providers, and health care gathered together and attended workshops that discussed multi-disciplinary investigations, trauma, and protecting against vicarious trauma. We also had the opportunity to listen to several exceptional key note speakers throughout the three day conference. Two of the key note speakers that really stood out included Russell Strand who spoke on the topic "Sexual Assault Culture Change-Building a World that Doesn't Exist." His presentation talked about how society myths and bias enable sex offenders to operate successfully in communities and how they can blend in without suspicion and without being detected. Mr. Strand also talked about how media and entertainment shapes societies beliefs and values. The second key note speaker who we all were most excited to hear speak was Jaycee Dugard. Jaycee told her amazing story of survival after being abducted in 1991 when she was 11 years old and how she and her two daughters were rescued in 2009 after being held captive for 18 years. Since returning home Jaycee has begun the JAYC Foundation, their message is "Just Ask Yourself to Care" the foundation helps other families who have suffered an abduction and also offers awareness programs and training for law enforcement and school programs. We all had an amazing time at a great conference where we learned a lot and plan to use the knowledge of what we learned in our daily jobs!



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

Addie Parkfield	Gayle Adams	Rachel Linquist	Horses Unlimited 4H Club—O'Neill
Amanda Tax	Hannah Feusse	Rosemary Patras	New Victorian Inn
Amber Parks	Iona Wayman	Ruth Harder	Norfolk Morning Kiwanis
Anahi Perez	Jan McGrath	Sandy Cover	OACCW—Omaha
Andy & Linda Goebel	Janet Kliment	Sandy Finley	Orchard Public Library
Amy Pinkston	Janet Vossler	Scott & Kaylyn Preister	Renewed Hope—Norfolk
Barbara Reyes	Jean McIntosh	Scott & Lori Kunz	RF Goeke's Variety Store—Atkinson
Betty Chmiel	Jeannie Crumly	Shandra Roberts	St. Francis Quilters—Randolph
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Cathy Vandersnick	Jolene Timm	Shelby Wiebelhaus	St. Mary's Altar Society—O'Neill
Carlene Beller	Joni Moore	Stella Landauer	St. Mary's Church—Osmond
Caroline Holz	Judy Hagan	Sue Hoke	St. Mary's Episcopal Church—Basset
Cindy Flaherty	Judy Wilson	Susan Schneider	St. Michael's Episcopal Church—O'Neill
Cindy Kersch	Karen Larsen	Tami Sobotka	The Evergreen—O'Neill
Colleen Ramold	Katherine Dexter	Therese Sullivan	Today's Homemaker's
Connie Gildersleeve	Kathy Ahlstedt	Tina Zacarias	Trinity United Methodist Church (Mission's Team) - Madison
Dave Brodersen	Kay Mudloff	Vicki Erickson	United Methodist Church—Norfolk
Deb Cerny	Larry & Kathy Kliment	Wanda Kalhoff	United Methodist Church—Tilden
Deb Freese	Laurie Hansen	Wanda Kracl	United Methodist Women
Delberta Peterson	Lisa Bilstein	Alpha Nu Society—Norfolk	Zion Lutheran Church—Creighton
Dennis & Nancy Larsen	Marilyn Palmer	Casey's General Store—O'Neill	
Dennis & Roxanne Ryan	Mark Dyer	Christ the Servant Lutheran Church— Norfolk	
Donna Asmus	Martie Borer	City of Osmond	
Eileen Moss	Michelle Riha	Community Church—Inman	
Elaine Clemens	Michelle Zwingman	Delta Kappa Gamma—Norfolk	
Elaine Holmes	Nancy Keats	Eastern Star c/o Shirley Hughs	
Emil Adamson	Nancy Vesely	Earl May—Norfolk	
Erika Hansen	Orlin & Carol Olson	Elgin Bargain Box	
Erin McCabe	Peg Grey	Elgin Public School—FCCLA	
Eunice McClellan	Peggy Maw		



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

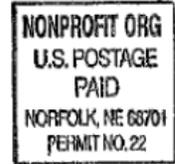
Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

Norfolk Office
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.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:

Adopt A Family—See Our Flyer!

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

Also find us online and on Facebook!