



3rd Quarterly Newsletter 2017

Resources for Survivors of Domestic Violence and Sexual Assault

Project Homeless Connect Norfolk Held

By: Lacy Kimes; Housing Supervisor

The first Project Homeless Connect Norfolk (PHCN) was held on June 23, 2017 and Bright Horizons had the opportunity to be a part of this event. 205 guests received services at Norfolk Senior High School with the help of over 100 volunteers. Almost 40 area service providers were on-site to provide immediate services to the homeless and near homeless. Some of the services included dental, vision, medical

and mental health screenings, haircuts, legal assistance and a hot meal. "Project Homeless Connect Norfolk was a life changing event for me. I was amazed at the outpouring of care and services provided by the organizations in and around Norfolk."-PHCN Committee Member. For those of you not familiar with Project Homeless Connect, here is a short overview of how the day is set up: Guests entered Norfolk Senior High School and were immediately paired with a navigator; a trained volunteer who guided them throughout the event until they left the building. Navigators took the time to get to know their guest and then assisted them stopping at each provider to receive their service. Numerous free items were also available for guests that needed them; hygiene kits, sleeping bags, tents, tarps, hammocks, pillows and bicycles. Free transportation to and from PHCN was provided by Norfolk Public Transportation and Ponca Express. Project Homeless Connect Norfolk was a new and unique experience for all those involved. As navigators got to know their guest they were able to take a small step into their world and better understand why they needed the help at PHCN. And that is one of the main goals of PHCN; outcomes are expedited, barriers are lowered, obstacles are removed and results are increased. PHCN also focuses on each guest leaving with a plan to continue on their path of getting out of homelessness. "The Project Homeless Connect event held on Friday, June 23rd in Norfolk, Nebraska was definitely a worthwhile project for this community. I volunteered as a navigator for the event and came away from the experience with a much better understanding of the hardships that some people have to endure and the services that are available to provide them much needed assistance."-PHCN volunteer. Thank you to everybody that helped with PHCN. We look forward to our 2018 event! You can always stay up-to-date on PHCN at our website, www.projecthomelessconnectnorfolk.org and on our Facebook page.

PHCN Results
Adults Served: 141
Largest age group: 31-50
Children Served: 64
Largest age group: 0-5
Average Household Size: 3

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- Cathy Connot
- Kelli Lowe, Emeritus Status
- Matt Blich, United Way Liaison

Project Homeless Connect...a community response to a community problem.

Volunteer Spotlight

We would like to acknowledge St. Paul's Lutheran Church's Men's Group for all of the hard work they do for Bright Horizons. St. Paul's has done multiple things for us throughout the years. Whenever they call and tell us they want to volunteer we can always find them something to do! From painting the kitchen and basement, to fixing the fence and play area for the families safety at shelter. They also put all of our 400 hygiene and baby kits together for Project Homeless Connect! The group has been volunteering for Bright Horizons for about 2 to 3 years now. Most of the time there will be about 6 to 10 men that come to help, this varies from time to time depending on how big the job is or how many men can come to help. They receive donations and use that money to buy materials and other items for the shelter. Again we just want to send out a huge thank you to all of the work that you guys do for us! Thanks St. Paul's Men's Group!



Devote yourself to your community around you & devote yourself to creating something that gives you purpose and meaning.

~ Mitch Albom

Campus Advocacy

By: Lindsay Olsen; Campus Advocate

Over the course of the summer we have been busy finalizing an advocacy plan to be implemented at Northeast Community College in Norfolk. I have been busy planning what the upcoming year at Northeast will look like for me, the campus advocate. I am so excited to be able to be an added resource for both students and staff both on and off campus. I look forward to school starting and I also look forward to getting to know the students and staff on campus through the activities that I will be attending and also through the activities that I will bring to campus as well. Aside from the activities I will also have office hours on campus. During these hours students and staff will be able to meet with me on campus. My on campus hours will be every Monday from 10am to 1pm and Thursdays from 12pm to 4pm. I am also available anytime by appointment. I am so excited to be able to offer our services on campus and I can't wait to build an even better relationship with Northeast Community College throughout my time at Northeast!

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.

Annual Garage Sale Has it's Biggest Year Yet

By: Lacy Kimes; Housing Supervisor

The 7th Annual Bright Horizons Multi-Family Garage Sale was held on July 21st at St. John's Lutheran Church in Norfolk. This year marked our biggest year, and the church raised \$2,458! We are overwhelmed with the outcome! Each year as the church prepares for the sale, the jitters start setting in. There are always the worries of not having enough donations for the sale and not having many shoppers. But our community continues to not disappoint. We enjoy seeing the same faces year after year, and feel blessed that supporters purposefully save their treasures for our sale. The annual garage sale is a great opportunity for our agency to outreach to the community and continue to get our information out to those in need. Our goal is to get our information out in as many different ways as possible. And sometimes that means having a table of brochures at a garage sale. We can't thank St. John's Lutheran Church enough for holding this sale for us the past seven years. They are some of our biggest cheerleaders and we appreciate their belief in our mission year after year.



Jennifer Sorrells Memorial Walk

By: Amanda Wallace; O'Neill Program Director

The Jennifer Sorrells Memorial Walk was held in O'Neill on Saturday July 22nd. This event honored the life of 39 year old Jennifer Renae Sorrells. In May, Bright Horizons was contacted by the Sorrells family. They were planning a memorial walk for



their beloved Jennifer who was murdered earlier this year by her longtime boyfriend. Jennifer grew up in O'Neill Nebraska but had been a long time resident of Tennessee. She had recently been back to visit the Irish Capitol of Nebraska to celebrate St. Patrick's day with her friends and family. Shortly after she returned home to Tennessee, things took a turn for the worse. It was the night of March 21st around 10:30 pm that officers responded to a call. Jennifer was locked inside the bathroom being held at gun point. James Cowgill shot and killed Jennifer, then killed himself. In hopes of bringing awareness to the fatal reality of domestic violence, the Sorrells Family took action. In addition to the walk, the family began selling T-shirts with the hopes of donating the proceeds to Bright Horizons. We were asked to help them plan and execute the Jennifer Sorrells Memorial Walk. Bright Horizons' advocates had the honor of helping the Sorrells family begin to heal from the tragedy they endured earlier this year. Throughout the evening, there were guest speakers educating the audience about their role in domestic violence situations. The generous community of O'Neill provided water and cookies for the event. It was an overall success. The family plans to continue the walk and hopes to increase the awareness about this important issue.

Shop With A Cop

By: Amber Mandl; Shelter Advocate & Christy Lee; Norfolk Program Director

On July 29th JCPenney held their first annual “Shop With a Cop” event. Seven school age kids that are currently living in our crisis shelter were able to participate. Each child was paired with a cop that then helped them shop for new school clothes.

General manager, Gary Munyer, with our local JCPenney store had a personal aspiration to partner with Bright Horizons. His idea was to have school age kids that come from homes where domestic violence is present, get school clothes that they need in hopes of boosting self-esteem. The second goal Gary had was to foster a feeling of trust for these children to approach cops in a time of need.

Gary and his associates raised \$1,400, which was enough for each child to receive \$200 per person for new clothes. On top of this JCPenney gave each child a new book bag with school supplies. Everyone involved then enjoyed hot dogs, chips, and lemonade.

What an impact one person’s idea can make for a child, for a family, and for a community.

Thank you to our law enforcement officers who donated their time and to Gary and JCPenney associates for the school supplies and clothing for the children!!!



Fit N Fun Family Festival

By: Ashley Johansen; Shelter Advocate

Bright Horizons recently had a table at the annual Fit n’ Fun Family Festival. This is a local event where families can come out, get to know local businesses, and enjoy a day of, well, FUN! Some of the main events featured a Duck ‘N Run Race, A Big Wheel Race, and an awesome performance by the National Yo-Yo Master, Dazzling Dave! At our booth, we handed out pamphlets about our services in English and Spanish, information about children and domestic violence and children’s activities packets. We also had suckers and water bottles for prizes. Part of our booth included a bean bag toss game for the kids, but grown ups played too, because we are all kids at heart! I challenged the kids to see how many of the bean bags they could get into the pockets. Prizes were handed out for 1st, 2nd, and 3rd place! They had a great time with it! I was thrilled to see almost all of our information had been taken. It’s good to see that we are getting helpful information into the hands of people who may need our services. Our agency is appreciative of the opportunity to engage with the community of Norfolk! Overall it was a jam packed day full of fun for all ages! We are excited to participate in next years event!

FREE EVENT **SAVE THE DATE**

Fit N Fun Family Festival

Saturday, July 22
Chuck M. Pohlman Ag Complex
2301 E. Benjamin Ave., Norfolk, NE • 9 a.m. - 1 p.m.

JOIN IN THE FUN
Activities For Kids & Families
Provided By A Variety of Great Vendors

Featuring Performances by NATIONAL YO-YO MASTER Dazzling Dave!

Two Fun Races!
(During The Fit N Fun Family Festival)
Pre-Register For A Chance To Win A Youth YMCA Membership

Fit 'N Fun, Duck 'N Run
Sponsored by the YMCA (Ages 4-12)
Fun Run Will Include Different Obstacles As They Navigate Thru The Course
Check in at 10 a.m. Monday Pre-Run Meeting 10:15 a.m. Run 10:30 a.m. Register at the YMCA, online at www.fitnfun.org Or on Site Until 10 a.m.

ALSO

Lion's Club Big Wheels Race
Kids Ages 3-7!
FREE Registration Begins at 9 a.m. Race Start at 10 a.m.
Big Wheels provided.
Contact Trish Kohonen at info@fitnfun.com

Sponsored By The
NORFOLK DAILY NEWS

Norfolk
Women's Health of Northeast Nebraska
Faith Regional
Norfolk Area Visitors Bureau

Sponsored By
Norfolk GM
Megan Eckert/Road Living Advantage Real Estate
Dorothy Norfolk Lodge & Suites

BestFit
Reuter Nutrition
Norfolk Employment
United Healthcare

Building A Foundation For Resilience

By: Tracy Baker; O'Neill Criminal Justice Liaison

On July 31st and August 1st, I was able to attend a two day training in North Platte called Building a Foundation for Resilience: An Investigative Multidisciplinary Team Response to Trauma. Russell Strand, Investigator John Deal, Dr. Suzanne Haney, and Kris Steinbeck were the presenters. Russell Strand is a retired U.S. Army Criminal Investigation Division Special Agent and the current Chief of the Family Advocacy Law Enforcement Training Division at the U.S. Army Military Police School. His main focus is to teach all entities in the criminal justice system how to treat victims and get the best convictions in cases of domestic violence, sexual assault, and child abuse. Russell was an amazing speaker. He said that our culture needs to change and we need to quit victim blaming and put the perpetrator behind bars where they belong. He gave us some statistics that were very alarming. 33% to 66% of rapists have also attacked children, 82% of child molesters have also attacked adults, 50% to 66% of incest offenders have also attacked children outside of their family, and sex offenders don't discriminate. Investigator John Deal is with the North Platte Police Department and he focused on Cyberstalking. He spoke about all the different ways a victim can be stalked on the internet. He informed us about Snap Chat, GPS devices, On Star, Spoof Card Calling and Texting, Doxxing, Rogue, and Sextortion. All of these things can be used to stalk a person. Dr. Suzanne Haney is a pediatric doctor who practices in Omaha, NE. She is board certified in Child Abuse Pediatrics and is the only one in the state of Nebraska. Her presentation was about what to do when child abuse and or child sexual assault is suspected. She informed us that children don't have a fight or flight reaction they actually freeze. Kris Steinbeck is a Licensed Independent Mental Health Therapist who works with individuals that have mental health problems. Her presentation was on traumatic stress in victims and the secondary trauma that people who work with victims suffer. People who work in areas of crisis response are susceptible to secondary trauma. She informed us that 75% to 80% of all medical conditions are caused by stress. Also it takes seven times hearing something before it integrates into your brain. Over all this was an extremely powerful training and the knowledge I gained from this will be great information that I can take back to my co-workers and Coordinated Community Response Team members. We can all use these tools in the work that we do.

Campus Safety Conference

By: Lindsay Olsen; Campus Advocate & Emily Putters; Outreach Coordinator

Our advocates Lindsay and Emily got the amazing opportunity to attend the Campus Safety West Conference in Long Beach, CA. The national training brought in many powerful speakers and topics. The first day we heard from Kristina Anderson, founder of Koshka Foundation for School Safety and survivor of the Virginia Tech Shooting and Michele Gay Co-Founder of the Safe and Sound Schools Initiative and parent of a Sandy Hook Elementary shooting victim. The second day Jim Bennet, Director of Safety of Oregon Community College, shared their tragic incident of a campus sexual assault victim who was killed by one of their own security officers. After each speaker we went into break out sessions discussing lessons learned from these tragic incidents and different security measures that can be put in place to help ensure the safety of our schools. The training brought in a wealth of knowledge on different security systems available for schools to put in place as well as safety plans and policies. The information we took away here will only help Bright Horizons continue to grow the campus advocacy and the relationship we have with our college. This training was eye opening to say the least and goes to show that it doesn't matter how safe you think your community is, tragedy can strike anywhere and with trainings like these, prevention is possible.

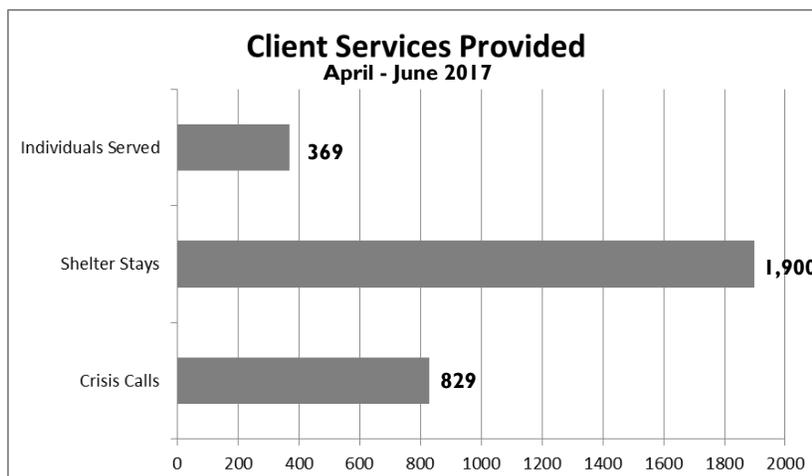


Meet Our New Staff!

Hello everyone! I'm Tori Thrasher, the new O'Neill office's Outreach Coordinator. I grew up in Ewing, NE and continue to reside there to this day. I attended school at Ewing Public where I was very active. Throughout my time there I was involved in volleyball, basketball, track, FBLA, FCA, National Honor Society, band, and choir. After my high school career came to an end, I continued my education at the University of Nebraska-Kearney for two years. After finally getting a grasp of what I wanted to go into, I transferred to Wayne State College where I graduated in May 2017 with a degree in Human Service Counseling. To fully finish my degree, I needed to have an internship where I could complete 400 hours. I began my internship at Bright Horizons on May 8th and on May 22nd I accepted the job offer of the Outreach Coordinator. I'm thrilled to be part of the Bright Horizons team and I look forward for all the adventures to come!



Hello, my name is Ruthie Kollmar. I am the new Criminal Justice Liaison in Norfolk as of June 20, 2017. I am a Nebraska native and I have one daughter, Kalie. I have two B.A. degrees, in Psychology and in Sociology, from Doane College in Crete, NE. I am very involved in my community as an avid and active volunteer and I consistently pursue continuing education opportunities relating to human services. I have been a trained volunteer for CASA (Court Appointed Special Advocates) for eleven years and for Nebraska's FCRO (Foster Care Review Office) board for the last seven years and am currently Chairperson. I have served in an active leadership/mentor capacity for over ten years with the following youth and/or advocacy organizations: TeamMates, Job's Daughters International, DeMolay International, Masonic All Star Marching Band, Relay For Life and the Animal Shelter of Northeast Nebraska. I have been serving on Norfolk's Great American Comedy Festival committee for the last eight years. I was active in Norfolk Public Schools' PTO/PTA and extra-curricular groups, where I served as secretary/treasurer for many years and was a leader in Girl Scouts during this time as well. I taught Sunday School for many years at my church, where I currently assist with various other programs and serve on the Board of Trustees. I have a strong commitment to protecting and advocating for vulnerable populations and making a positive difference in the world. I am excited to expand my knowledge in the criminal justice and domestic violence/sexual assault fields and to bring my experience, knowledge and skills to Bright Horizons.



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.

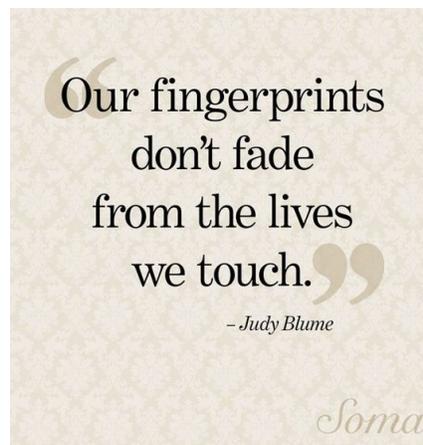
Last Quarter Supporters of Bright Horizons

Amanda Nipp	Lloyd & Linda Petersen Jr.	Christ the Servant	Rural Northwest Deanery
Amanda Tomasek	Lynn Laible	Women's Group—Norfolk	Sacred Heart Elementary School (3rd Grade Class—Norfolk
Anthony Beardslee	Melissa Rakowsky	Concordia Ladies Aid—Clearwater	St. John's Lutheran Aid—Madison
Celise Swanson	Michael Brogan	Crofton Public Schools	St. John's Catholic Church—Howells
Connie Deets	Nancy Brozele	Deacon's—Norfolk	St. Mark's Lutheran Church—Bloomfield
Danielle Welhs	Nancy Jacobs	Episcopal Church—Basset	St. Mary's Altar Society—Butte
Delberta Peterson	Nate Roahe	First Presbyterian Church	St. Mary's Lady Quilters—Leigh
Dustin Petz	Orlin & Carol Olson	GFWC Clarkson Women's Club	St. Paul's Altar Guild—Bancroft
Father Jim Kramper	Pamela Brunswick	Great Dane Trailers (Weekend Shift)	St. Peter & St. Paul Catholic Church—Butte
Gina Clyde	Pat Anson	Holy Trinity Lutheran Church	St. Peter & St. Paul Catholic Church—Howells
Gualdine Benton	Pat Druke	H&R Block	Sunset Secondhand Store
Javae Ermels	Patricia Madsen	Lindy's Sheer Creations	The Willows Assisted Living—Neligh
Jeffrey Bouska	Randy Hokamp	Lynch Assumption Altar	TransCanada—Omaha
Jill Olson	Rose Marshall	Norfolk City Education Association	
Jill Sintek	Rosemary Frey	Norfolk Middle School Community Service Club	
Jim Claussen	Rosemary Rutten	Mirage Salon & Spa	
Joanna Leckband	Rudy Smutny	My Brother's Keepers—Norfolk	
Kathy Herian	Ryan Lehmeier	Norfolk Transmission & Muffler	
Karen Hart	Steve & Brenda Kimes	Renewed Hope	
Karen Nollette	Sue Hoke		
Kassandra Anderson	Tom & Karen Edmisten		
Kathy Vandersnick	Tylynne Bauer		
Laurie Millard	Behavior Health Specialists		
La Rene Konopasek	Christ the Servant Lutheran Church—Norfolk		

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

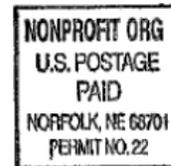
Bright Horizons
Resources for Survivors of
Domestic Violence and Sexual Assault

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:

Diaper Drive throughout the entire month of September!

Women's Wellness Event—September 28th

Domestic Violence Awareness Month—October

Raising Awareness on the Go! - October 26th

See our flyers more details!

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

Also find us online and on Facebook!