

CONNECTIONS

The Center Against Sexual and Domestic Abuse, Inc.

Spring 2017

APRIL is...

AND

Sexual Assault Awareness Month



In 2016, CASDA provided Sexual Assault Program services to **124** victims and survivors of sexual violence.

The CASDA Children's Program provided direct services to **86** children, and provided education about protective behaviors, healthy relationships and teen dating violence at **7** local elementary, middle and high schools.

Child Abuse Prevention Month



SPEAK OUT SUPERIOR: CHANGING THE CULTURE, ENGAGING NEW VOICES

The Douglas County Sexual Assault Coordinated Community Response Team (SA-CCR) is hosting a free event to recognize and reflect on Sexual Assault Awareness Month.

On **Wednesday, April 26**, at the University of Wisconsin—Superior (UWS), community members will have a chance to participate in a panel discussion and learn about Active Bystander Intervention.

According to Leslie Dollen, a UWS Legal Studies instructor and sexual assault survivor, "It is imperative that we learn from sexual assault survivors how we, as a community, can work together to end sexual assault and to protect each other's safety.

The training provided at this

event will help us understand how to safely intervene in a bad situation, and how to fully support survivors. Many community members are making this commitment in an explicit fashion by joining the 'It's On Us' campaign, initiated by the Obama Administration, to facilitate our collective commitment to end sexual violence."

Please join us at 5:30 p.m. in the Yellowjacket Union Great Room on the UWS campus.

Free dinner and beverages will be served.

Child care and CASDA advocates will be available.

For more information, please contact amber@casda.org or ldollen@uwsuper.edu.

Find CASDA online at www.casda.org, www.facebook.com/CASDAorg and <https://twitter.com/CASDASuperior>.



Break the Silence Twin Ports Truth Telling Event

CASDA, in partnership with the Douglas County SA-CCR Team and the Spirit Room, will host a Break the Silence Twin Ports Truth Telling Event **Monday, May 1, from 6-8 p.m.**

Break the Silence is a national movement of survivors of sexual assault publicly identifying themselves and adding their stories to a larger narrative of sexual violence in the community. The Twin Ports chapter is the first to host a truth telling event outside of the parent group in Minneapolis.

This event is an exciting opportunity for survivors to tell their stories in a supportive environment, and for allies to stand in solidarity with them.

Please visit [facebook.com/breakthesilencetwinports](https://www.facebook.com/breakthesilencetwinports) for more information or contact jenna@casda.org.

CASDA Celebrates Volunteers

Events like our annual Spring Donation Drive could not succeed without significant volunteer support. In 2016, volunteers contributed more than

5,000 hours to CASDA. Volunteers included individuals, entire college classes, youth groups, families, survivors of abuse and corporate employees.



Volunteer of the Year, Amanda Reese

A College of St. Scholastica group spent a day organizing our storage area. A team from Superior Water Light & Power installed new playground equipment in our yard. Volunteers provided transportation and childcare to help clients access appointments related to their goals for a safer future. The members of CASDA's Board of Directors fill a particularly valued volunteer role.

No matter what their role, our volunteers help CASDA reach a greater number of people and serve them more effectively!

National Volunteer Appreciation Week 2017 takes place APRIL 23-29. If you have volunteered for CASDA in the past year, please accept our deepest thanks, and watch for an invitation to a special celebration of YOU FRIDAY, APRIL 28TH!!



SPRING INTO GIVING!



SPRING DONATION DRIVE APRIL 20-22, 1-6PM

HOSTED BY WALMART
SUPERCENTER, SUPERIOR
Support CASDA while you shop!



GARBAGE BAGS
INCL 45 GALLON,
PAPER TOWELS,
TOILET PAPER,
LAUNDRY SOAP,
CLEANING SUPPLIES

CLOTHING:
BRAS, SOCKS,
UNDERWEAR
(ALL SIZES)

COLD MEDICINES
INCL CHILDREN'S,
IBUPROFEN,
TYLENOL

NON-PERISHABLE
FOOD ITEMS

GIFT CARDS
ANY \$\$ AMOUNTS

CASDA

318 21st Ave E
Superior, WI 54880
715-392-3136

www.casda.org

Alternate Drop Off Times
Mon-Fri from 8am-4pm

Towels to the Rescue! CASDA Thanks Community for Towel Donations

We asked for towels, and you heard us! If you have ever wrapped yourself in a soft, absorbent towel, you know how much comfort can come from such a simple item.

Because CASDA struggles to keep a variety of good towels available to the families seeking refuge in our Emergency Shelter, we rolled out a towel drive this spring, and we are pleased to report that the towels have been rolling in! Generous donors include **individuals, churches** and local hotels such as the **AmericInn in Proctor** and Duluth's **Canal Park Lodge**. Many donors are still collecting, and we are happy to accept additional donations!

A big THANK YOU to all those who have supported our drive!



ACES Explained: What They Are and How They Relate to CASDA's Mission

By Kim Marble-Follis, Bayfield County Outreach Advocate

Note: Originally conducted between 1995 and 1997, the CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect, and later-life health and well-being.

ACE (Adverse Childhood Experience) studies were designed to assess the root cause of behaviors exhibited by individuals eventually labeled as “high risk” as adults. These studies revealed that children exposed to specific adverse experiences had remarkably more difficulty as adults in handling daily responsibilities, raising children, forming healthy relationships and, most often, developed addiction issues when trying to cope with life challenges.

Exposure to any of the following experience, before the age of 18, was examined:

- Recurrent emotional abuse
- Sexual abuse
- Recurrent physical abuse
- Alcohol or Other Drug (AODA) abuser in the home
- An incarcerated family member
- Parental separation or divorce
- A chronically depressed, mentally ill, institutionalized or suicidal household member
- Violence witnessed between adults in the home and/or other significant role models in child's consistent environment

Higher “scores” (or number of Adverse Childhood Experiences) correlated with major health problems in later life. Individuals with these higher ACE scores reflect the population we encounter or serve at CASDA.

ACE studies have helped service providers such as CASDA understand why victims do what they do and have confirmed our belief that all victims should be provided advocacy assistance with a “trauma informed” point of view: being mindful of what victims have gone through prior to walking through our doors to seek help.

As advocates, we can help spread the word about the trauma-informed care approach, and we can listen to what survivors are willing to share regarding the adverse experiences they were subjected to as children. Trauma-informed advocacy can help build resilience and improve the coping skills of those who experience abuse in their adult lives on top of what they already suffered in childhood.

Presentations on ACEs have recently been offered by the University of Wisconsin extension office. Also, the following websites can be accessed to learn more about ACES and their impact on victims and survivors receiving advocacy services:

ACE Interface www.aceinterface.com
ACEStudy.org <http://acestudy.org/index.html>
Wisconsin.gov Child Abuse & Neglect Prevention Board: <https://preventionboard.wi.gov/Pages/OurWork/ACE.aspx>

You can also use an online search engine to explore results for “Kaiser Permanente Southern California, Centers for Disease Control and Prevention, Robert F. Anda; MD, MS and Vincent Felitti, MD”

1 in 3

young people will
experience dating abuse



In February, members of the Douglas County Sexual Assault Coordinated Community Response Team, Superior High School's Student Council, UW-Superior students and CASDA volunteers visited Superior High School during lunch hour for an entire week and **invited students to reflect on ingredients of a healthy relationship.** Students noted key ingredients on colored hearts that were then displayed at the school as a lasting visual reminder.

CASDA also had the chance to present information about the impact of trauma of a child's brain and about the dynamics of teen dating violence during a teacher in-service. We thank the School District of Superior for inviting us and for acknowledging February as **Teen Dating Violence Awareness Month!**



CASDA'S BOARD OF DIRECTORS MAKES A DIFFERENCE



In December 2016, CASDA Board Member Sarah Mayne created a video, "This Healing Place," to highlight the role of CASDA in our community and to help convey some of the real barriers encountered by victims and survivors in our midst. The video premiered at CASDA's New Year's Eve Gala and is now posted on our web site for anyone who would like to take a closer, behind-the-scenes look at CASDA's programming.

CASDA was humbled by the extra time and effort that filmmaker Sarah contributed to complete this project, and we recently had the pleasure of interviewing her about the filming process. A much longer version of this interview appears on our [web site](#).

CASDA: What drew you to serve on CASDA's Board of Directors, Sarah?

Sarah: Initially I wanted to be more involved in my community. Luann LaValley was on the board and is someone I look up to. She's a legend at Minnesota Power. I saw this as an opportunity to grow personally and professionally.

CASDA: Have you found that being a board member has supported your personal and professional growth?

Sarah: Absolutely. This is a great board to make impactful work. It surprised me how involved and "front line" this role can be, and I am all in!

CASDA: Tackling a video project can be quite time consuming. What motivated you to create this project for CASDA?

Sarah: What really motivated me is wanting to give a voice to CASDA and the survivors served, to give survivors a voice of dignity and justice that could also reach through any assumptions that people might make.

CASDA: Shooting the video may have given you, as a board member, a different or deeper look at CASDA's operations. Were there any surprises for you?

Sarah: I don't think there were any surprises, but there was confirmation that people working at CASDA are very dedicated, passionate and there for all the right reasons. The opportunity to interview a survivor was humbling. I came out even more convinced that I had to let the world know what had happened to her and in some way bring about some form of redemption. I also wanted to highlight the impact that CASDA has with healing and supportive services. The last interview I did was with Superior Police Chief Alexander and he was saying the same things as all of CASDA's staff regarding the critical services that are needed. **If CASDA weren't there to fill that need in the community, the community would suffer greatly.**

CASDA is currently recruiting new members for our Board of Directors.

Prospective board members must be committed to CASDA's mission of providing supportive services to individuals hurt by domestic violence, sexual assault and child abuse while advocating for a community effort to end violence.

A board term lasts three years.

Board members bring skills or experience in areas such as finance, fund development, planning, personnel, policy, non-profit management, legal issues, abuse issues and marketing.

If you are interested in serving on CASDA's Board, please contact Executive Director Kelly Burger, Kelly@casda.org, or Board President Luann LaValley, luvalley39@aol.com.

Congratulations to Staff Celebrating 2 or More Years at CASDA!

Kelly Burger, Executive Director—**26 Years** (Apr '17)

Kim Marble-Follis, Bayfield County Outreach Advocate—**14 Years** (Jan '17)

Dana Doyle, Dir. Of Prog. Services—**9 Years** (Mar '17)

Ruth Hunter, Shelter House Mgr.—**5 Years** (Feb '17)

Jill Hinnens, Community Eng. Coord.—**4 Years** (Sep '16)

Joanne Sanders, Shelter Case Mgr.—**4 Years** (Jan '17)

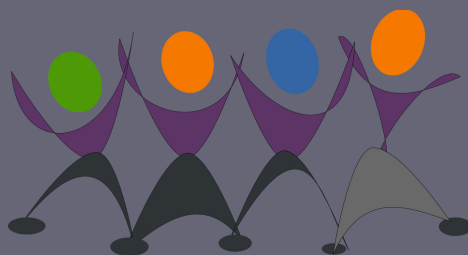
Amber Popplewell, Sexual Assault Prog. Coord.—**3 Years** (May '16)

Carla Pehl, Domestic Abuse Prog. Coord.—**3 Years** (Nov '16)

Martina Tendrup, Outreach Advocate—**3 Years** (Aug '16)

Connie Gaier, Shelter Advocate—**2 Years** (July '16)

Kim Keskinen, Shelter Advocate—**2 Years** (May '16)



Calendar of Upcoming Events

Monday, April 3, 10am—CHILD ABUSE PREVENTION MONTH PRESS CONFERENCE “Say Something, Do Something For Kids.” **Douglas County Government Building: Council Chambers**, hosted by the Council on Child Protection

Friday, April 7—“WEAR BLUE” all day to recognize **CHILD ABUSE PREVENTION MONTH!**

Saturday, April 8, 11am—FUN & FREE CHILDREN’S INTERNET SAFETY EVENT for kids and parents.

Detective Peranteau will teach kids how to stay safe when they’re online. Prizes will be awarded and lunch for children will be provided. CASDA will be present. Reserve your spot by calling 715-394-8866, **Superior Public Library**, hosted by the Council on Child Protection

Wednesday, April 12, 6 to 8pm—FEMINIST POETRY SLAM with Silent Auction raising funds for CASDA! Put on by the UW-Superior Gender Equity Resource Center (GERC), **UWS Campus Location TBD**, Check our FB page

Thursday-Saturday, April 20-22, 1 to 6pm—CASDA “SPRING INTO GIVING” DONATION DRIVE Support victims and survivors of abuse while you shop! (see Flyer, p.2), **Superior Walmart SuperCenter**

Wednesday, April 26. 5:30 to 8:30pm—SPEAK OUT SUPERIOR (see p.1), **UWS Yellowjacket Union**

Friday, April 28, 7:30-9am AND 4-6:30pm—VOLUNTEER APPRECIATION OPEN HOUSE If you have volunteered for us in the past year, please join us in the morning for coffee and treats AND/OR in the evening for appetizers and board games! This is our chance to recognize all your efforts and your chance to socialize with fellow volunteers, **CASDA Office, Downstairs** (RSVP encouraged, but not required, to jill@casda.org)

Monday, May 1, 6-8pm—BREAK THE SILENCE TWIN PORTS TRUTH TELLING EVENT (see p.1), **Spirit Room**

SAVE
THE
DATE!



Friday, July 28th at Nemadji Golf Course
with a shot gun start at NOON, rain or shine.

Teams and hole sponsors needed! In keeping with our “Socks for Survivors” theme, players are encouraged to bust out their wackiest socks for a chance to win a prize!

New Advocacy Positions at CASDA Enhance Critical Community Services

Three new full-time advocates have joined CASDA’s team: two employed by CASDA, and one by First Witness Child Advocacy Center.



Thanks to funding through the Victims of Crime Act (VOCA), a **Triage Advocate, Jenna Monnier**, and an **Outreach Advocate, Martina Tendrup**, joined CASDA’s staff last fall. When people first reach out to CASDA for help, the Triage Advocate assesses their needs, provides initial crisis intervention and directs them to the appropriate CASDA program and/or community resource for further assistance. The Outreach Advocate is a highly mobile source of support for survivors of abuse who have met some of their initial goals within other CASDA programs but desire ongoing meetings with an advocate to help ensure their continued safety.

Prior to joining CASDA, Jenna spent five years working in education. She has a passion for working with diverse populations and loves learning as much as teaching. Her passion is fueled by her hope that the way she lives her life and the work that she does will cause positive change in the culture and political climate for women and minorities.

Martina started working at CASDA as a Shelter Advocate and says she found her true passion here. A lifelong Superior resident, she received her Bachelor’s degrees from UWS, where she learned how important it is to be a part of her community, affecting change from the ground up. She says she is honored to work with the people most impacted by domestic violence as they work tirelessly to build better lives for themselves.

Sharing office space with Jenna and Martina is “**Heart for the People**” **Community Advocate Jessica Unkelhauser**, whose program is funded through the Opportunity Gap grant awarded to CASDA, First Witness and All Nations Indigenous Center by the Duluth Superior Area Community Foundation last year. Jessica and her fellow Community Advocates (each housed at a different participating agency) provide street outreach, advocacy, and information and referral services to parents engaged in social services or family court matters involving the safety and protection of their children.

Jessica has worked in the area of direct service to people in need for over 17 years. She earned a Bachelors of Social Work at UWS and Masters in Social Work at UMD. She says she is blessed to be mother of two beautiful girls, three cats and one dog; her time away from work is always spent with them. Her belief that people should be afforded opportunity, support and information fuels her drive in her advocacy work.

Welcome, Jenna, Martina and Jessica!

*CASDA would like to thank everyone who added to the success
of our 2016 "Behind the Mask" New Year's Eve Gala!
We especially thank our 2016 Major Sponsors:*

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maurices



**Duluth
News Tribune**

AN ALLETE COMPANY



SILVER SPONSORS:

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Agency, Inc.**

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Consultants**

Occasions | US Bank

*Join us to ring in 2018
at Barker's Island
Sunday,
December 31st, 2017!*



318 21st Ave E
Superior, WI 54880

PLACE
STAMP
HERE