



Center Against Sexual & Domestic Abuse, INC. (CASDA), 318 21<sup>st</sup> Ave East E., Superior, WI

**Special points of interest:**

- Raising Awareness
- Domestic Violence and Children
- Community Generosity
- Volunteers and Interns
- Summer Send Off

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# Connections

Fall 2013

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence thrives when we are silent, but if we take a stand and work together, we can end this atrocity. Throughout the month of October, let's raise awareness about domestic violence and join in efforts to end the abuse. The Douglas County Coordinated Community Response Team for Domestic Violence will be hosting an awareness event on October 3rd in Swenson Hall at UWS. Superior

Mayor Bruce Hagen will declare October as Domestic Violence Awareness Month in Superior. Also, this is an opportunity for survivors of domestic abuse to come forward and share their stories. The event will start at noon. By joining us, you can show your support for survivors and help us raise awareness against violence in our community. Please plan to attend!

### How Does Domestic Violence Affect Children?

**By: Alexa Connolly, Children's Program Coordinator**

Children experience domestic violence in many ways. They may hear one parent threaten or demean the other, or see a parent who is angry or afraid. They may see or hear one parent physically hurt the other and cause injuries or destroy property. Children may live with the fear that something will happen again. They may also be targets of abuse. Even if children are not present

to witness the violence, they may still hear it and be impacted by the tension and stress created in the household. Most children who live with domestic violence can recover and heal from their experiences. One of the most important factors that helps children do well after experiencing domestic violence is a strong relationship with a caring, nonviolent parent.

# COMMUNITY GENEROSITY BRINGS NEW HOPE TO CHILDREN'S PROGRAM

CASDA's Children's Program is extremely pleased to accept two checks from the Eagles Auxiliary Club of Superior, FOE 80. The two checks total over \$700 and will be utilized to directly benefit the children who receive services at CASDA. One goal of CASDA's Children's Program is to reduce the impact that domestic violence has on the children and promote resiliency. A portion of the donated funds will assist CASDA in providing journals to all of the children and adolescents living in the shelter.



Left: Cheryl Eagles Club, , Alexa Connolly (CASDA)

The Superior Sunrise Centennial Rotary Club has made a donation so CASDA can purchase a new outside play set for the children we serve. The play set will allow children to have a safe place to play outside for the first time. The play set features 9 different activities for children including swings, a slide, monkey bars, and a chalkboard. CASDA is extremely grateful to the Superior Sunrise Centennial Rotary for their support and funding of this project.

## CASDA PRESENTING AT ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

### Teen Dating Violence in Our Community

CASDA representatives Alexa Connolly, Amber Popplewell and Joanne Sanders will be presenters at the 31st Annual St. Louis County Health and Human Service Conference.

What is Teen Dating Violence and how prevalent is it in our community? In the fall of 2012, The Center Against Sexual and Domestic Abuse, Inc., (CASDA) distributed a dating violence survey to 184 Douglas County teens. Participants in this session will hear survey results, gain insight into the prevalence of teen dating violence in our community, and learn and explore what we, as professionals, can do to address Teen Dating Violence both in our community and in our private practice.



Thursday-Friday \*

October 17-18 2013 \*

At the DECC Duluth, MN \*

# MEET CASDA'S NEWEST TEAM MEMBERS

Join us in welcoming our newest staff members. Let's give a big welcome to Elsa Swenson as CASDA's Legal Advocate and Ruth Hunter as CASDA's Shelter House Manager.



"I am originally from Minneapolis and came to the Twin Ports to attend UMD. After graduating with a Bachelor of Arts in Women's Studies and Political Science, I decided to stay in the Twin Ports area. Before accepting the Legal Advocate position at CASDA, I was a Youth Advocate for the YWCA of Duluth. I am is very excited to be here, and is looking forward to being a member of the CASDA team!" -Elsa Swenson



"In August of 2011, I began volunteering at CASDA on Tuesday afternoons in the office. A few months after volunteering, I got hired on as a shelter fill-in advocate. I covered quite a bit for the House Manager during the last year and a half so when the position opened, I applied. And now I couldn't be happier...I'm the Shelter House Manager. My dad always said, "If you love your job, you'll never work a day." After working here, I now not only understand what he meant, I believe it 100%." -Ruth Hunter

## Summer Send Off to End Abuse

**CASDA would like to thank the Choo Choo Bar & Grill** for hosting the Summer Send Off to End Abuse.

The event was held on August 17th and included bucket raffles such a as skydiving jump and a Brule River Canoe Trip. Meat raffles were also held and by ticket purchase, a chicken dinner was the meal of the day. The event was highlighted by the band "Lemon Fish". The event raised over \$2,600. Special thanks to the Choo Choo Bar & Grill!



# TRAUMA AFFECTS MENTAL HEALTH OF VICTIMS

By: Kim Marble-Follis, Bayfield Co. Outreach Coordinator

**M**ost of us think trauma as something experienced after a car accident or a physical assault of some kind. Trauma experienced by domestic violence can affect the mental health of victims as well. Unresolved trauma can lead to anxiety disorders, panic attacks, intrusive flashbacks, addictions, Post Traumatic Stress- Disorder and at the least, feelings of helplessness and intense fear. Unaddressed victimization can significantly increase the risk of mental health and substance use disorders, suicide and persistent physiological ailments.

A movement for Trauma-Informed Care has blossomed in our society. This movement focuses on recognizing and treating all aspects of victimization that survivors have experienced, with emphasis on assuring that the victim is not re-traumatized by the system they seek help from. This involves a different approach than used in the past. The Trauma-Informed Care approach acknowledges the role that trauma has played in their lives and treats symptoms in a respectful, sensitive way:

A way that allows the question “what has happened to you” not “what is wrong with you.” Mental health systems, human service agencies, court systems and correctional systems are changing their attitudes and practices to revamp their thinking of how to treat victims of violence.

With the proper treatment, support and self-care, recovery from traumatic events such as domestic violence and sexual assault can happen for everyone. As a community we can promote the efforts of groups designed to support survivors of abuse. We can advocate and strengthen local policies and programs that protect and educate trauma victims. We can empower victims by validating their experience and respecting their healthy decisions to try and protect themselves from further victimization. If you know of someone that has gone through the psychological trauma of abuse, “be there” for them. Believe them. Learn what their past and present challenges are and refer them to local agencies that serve victims.

## VOLUNTEERS AND INTERNS MAKE A DIFFERENCE AT CASDA

Without the time and talent of volunteers, CASDA would struggle both to conduct outreach effectively and meet our client’s needs. Here are just a few remarkable people making a difference at CASDA:

This fall, we welcome three interns. An anthropology major from UMD, Kayden Norwood is interning in our Administration Program , helping CASDA improve our reach to the local LGBT population. Katie Hill and Chloe Wiebe are enrolled in the Human Services Program at WITC.



Left: Kayden Norwood, Chloe Wiebe



Photo: Katie Hill

## Domestic Violence and Affect on Children Cont...

**A** caring parent can promote their children's recovery by taking steps to increase the safety in the family, helping their kids develop relationships with other supportive adults, and encouraging them in school or activities that make them feel happy and proud. Some children find their own coping strategies, but others do not show obvious signs of stress.

Others struggle with problems at home, at school, and in the community. You may notice changes in the child's emotions (such as increased fear or anger) and behavior (such as clinging, difficulty going to sleep, or tantrums) after an incident of domestic violence. Children may also experience longer-term problems with health, behavior, school, and emotions, especially when domestic violence goes on for a long time.

**IN 2012, THERE WERE 48 HOMICIDE DEATHS RELATED TO DOMESTIC VIOLENCE . 4 PERPETRATOR SUICIDES**



Source: 2012 Wisconsin Homicide Report

For example, children may become depressed or anxious, skip school, or get involved in drugs.

It is important to remember that a strong relationship with a caring, nonviolent adult is one of the most important factors in helping children grow in a positive way despite their experiences. Your support to a child living with domestic violence can make the difference between fear and security, and can provide a foundation for a healthy future.

\*The information in this article was gathered by the NCTSN Domestic Violence Work Group by drawing on the experiences of domestic abuse survivors, research findings, and reports from battered women's advocates and mental health professionals.

**Through 2011 & 2012, there was a total of 19 child deaths related to domestic abuse.**

**Out of the 19, 13 of the children were under the age of 6.**

## Volunteers and Interns at CASDA Cont. ..

Katie interns both at CASDA and North Central Windows Program (NCWP), facilitating art therapy sessions to help heal and empower survivors of domestic violence and sexual abuse.

Chloe is interning with our Children's Program and will help facilitate art therapy sessions for children in our emergency shelter. Enabling clients to attend activities like art therapy are childcare volunteers like Sue Leszcynski, who comes to CASDA once or twice weekly—never knowing if she'll have one infant to rock, several boisterous toddlers running around, or a wide assortment of ages and behaviors. Sue goes above and beyond every time she is here—and more. spotting

CASDA's needs as she comes across them and finding ways to help.

Many more caring and committed individuals help us fulfill our mission here at CASDA—providing client transportation, staffing tables at community events, soliciting donations for fundraisers, answering our 24—hour help line,

if you would like to help support CASDA's services, please contact us. We'll figure out the perfect match between your talents and our needs!

To learn more about volunteer or internship opportunities at CASDA, contact Volunteer Coordinator Jill Hanners, [jill@casda.org](mailto:jill@casda.org) or: 715-392-3136

# CASDA Tee Off to End Violence Golf Scramble 2013

## Team Sponsors:

Belknap Liquor  
Belknap Plumbing & Heating  
Donald Holm Construction  
Enbridge  
Metro Credit Union  
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## Hole Sponsors:

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Thatcher's Auto Body  
Till, Salzer, and Blank

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Erberts and Gerberts  
Ferrell Gas  
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Grandma's Saloon & Grill  
Grizzly's  
Northland Chevrolet  
Missinne Greenhouse & Landscape  
Mount Royal Bottle Shop  
Northwest Beverages  
Pattison Park Golf Course  
Perkins Restaurant  
Poplar Golf Course  
Essentia Foundation  
State Farm Insurance  
Shannon's Stained Glassery  
The Shack  
Trends Day Spa & Salon  
VIP  
Village Pump

## Other Supporters Continued:

The Inn on Madeline Island  
Madeline Island Golf Club  
Grant Portage Lodge and Casino  
Big Apple Bagel  
Buffalo House  
Super One Liquor  
GB Schneider  
Kate by Courtney and Leigh  
Wide World of Wings  
Old World Meats  
Madeline Island Ferry  
Beach Club  
Mission Hills Coffee & Gift

**\*\*Thank you to all of the sponsors and Donors who supported this event.**

**If your organization contributed to this event and you do not see your name, please let us know!**



From left: Jeremy Thiessen, Amber Popplewell, Brian Haala , Joanne Sanders, Steve Rivord

# Mark Your Calendars...

center against sexual and domestic abuse

## WALK+RUN

To End Abuse

**Saturday, Sept 28th**

Registration 8:00 a.m. Charter Fishing Dock Parking Lot -

@ Barkers Island

Registration 8:00 a.m.

Runners and Walkers Start 9:00 a.m.



**DONATIONS:** Paper Towels/Toilet Paper, Trash Bags, Household Cleaners, Bleach, Disinfectant Spray, Dish Soap and Hand Soap, Detergent and Fabric Softener-Facial Tissue, Over the Counter Medications, Non Perishable Foods, Gift Cards, bedding, pillows.

**East End Super One**

**Date:** Oct 10-12

1pm-5pm

## CASDA Presents *DANCE to End Abuse* *New Year's Eve Party 2013*



**7pm - 1:00 a.m. \***

**Champagne Toast at Midnight\***

**Silent Auction\***

**Live Music\***

*Barkers Island Inn*

*Discounted Room Rates*

**Contact CASDA for ticket information: 715-392-3136**

*Discount on tickets purchased in advance!*

**CASDA, Inc.**

318 21<sup>st</sup> Ave E  
Superior, WI 54880

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(715)-392-3136

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***GO Green!***

*To be included on an*

*E-Newsletter, email:*

*leanne@casda.org*



**CASDA Staff**

Kelly Burger - Executive Director

Erika Leif - Assistant Director

Erica Ellenwood - Attorney

Elsa Swenson – Legal Advocate

Vacant - Domestic Abuse Program Coordinator

Leanne Grbavcich - Sexual Assault Program Coordinator

Alexa Connolly - Children’s Program Coordinator

Jill Hinnens - Volunteer Coordinator

Kim Marble-Follis - Bayfield Co. Outreach Coordinator

Dana Doyle - Shelter Program Director

Amber Popplewell - Shelter Case Manager

Ruth Hunter – Shelter House Manager

**Our mission is to provide supportive services to individuals hurt by domestic violence, sexual assault and child abuse as we advocate for a community effort to end violence.**

**CASDA, Inc.  
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Superior, WI 54880**