

CONNECTIONS

The Center Against Sexual and Domestic Abuse, Inc.

Spring 2016

Upcoming Events

- **Throughout April**, Helping Hands will be sold at several local financial institutions and retailers to benefit our Children's Program. (p. 2) Also, t-shirts bearing powerful messages will be displayed at area businesses. (p. 3)
- **April 5th, 10 am**, the Government Services Center will host a press conference addressing our community's response to child abuse. (p. 2)
- **April 7th, 2:30-4 pm** (and every Thursday, ongoing), new CASDA Support Group will meet at Roylton Manor. (p. 4)
- **April 9th, 11 am-1 pm**, The Superior Public Library will host Safety Awareness For Our Kids. (p. 2)
- **April 14-16, 1-6 pm**, Walmart will host a Donation Drive for CASDA's Emergency Shelter Program. (p.2)
- **April 16th, 9 am- 4 pm**, UWS-Swenson Hall will host a class on Children and Resiliency. \$60. (p. 2)
- **April 20th, 6-8 pm**, WITC Conference Center will host a class, "What Happens When I Report?" Free. (p. 2)
- **April 25th, 6-9 pm**, UWS will host "Speak Out Superior: The Hunting Ground" in the Yellowjacket Union Great Room — Music, film, discussion and open mic. (p. 3)
- **April 30th, 5-8 pm**, the Harbor City Roller Dames will support CASDA at their double-header in the Wessman Arena! (p. 3)
- **July 29th, 12 pm**: Nemadji Golf Course will host CASDA's "Socks for Survivors" Golf Scramble. (p. 5)



In recent months, a sock drive by Superior High School's Interact Club and a "Purses of Promise" drive at Duluth's Vain Salon helped meet our clients' needs!



April is a BIG MONTH! Join CASDA as we recognize Sexual Assault Awareness Month, Child Abuse Prevention Month, National Volunteer Week (April 10-16), and National Crime Victims' Rights Week (April 10-16).

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

Keeping Our Children Safe: A Community Effort

April is Child Abuse Prevention Month and while we at CASDA are more than aware of how child abuse is affecting our community every day of the year, it is great to shed a spotlight on it in hopes that we can help even one person. To that end, please consider attending one or more of the following April events!

On **Tuesday, April 5th, at 10 am**, the Government Services Center host a **press conference** addressing our community's response to child abuse — including the important role CASDA plays in these efforts.

On **Saturday, April 9th, from 11 am to 1 pm**, the Superior Public Library will host **Safety Awareness For Our Kids**, an event designed to give kids tools to stand up for themselves and talk to trusted adults. The event includes: a performance by the Northern Expressions Arts Collective, 911 training with the Douglas County Communication Center, lunch, t-shirts and prizes. CASDA will be there teaching kids about when and how to talk to a safe adult for help. **Pre-registration required** by calling the library.

On **Saturday, April 16th, from 9 am to 4pm**, UW-Superior will host a class on **Children & Resiliency** in Swenson Hall, Room 1056. Instructor JoHannah Orman will discuss resiliency and its importance in healthy child development. **Registration fee is \$60** with continuing education credits available.

On **Wednesday, April 20th, from 6 to 8 pm**, the WITC Conference Center will host a class, **"What Happens When I Report?"** with panelists from Douglas County Health & Human Services, Superior Police Department, HDC, and CASDA. This class is **free** and open to the community. Continuing education credits are available.

Also in April you may see **Helping Hands** being sold at some of your local financial institutions and retailers. Proceeds from "Helping Hands" go directly to our Children's Program, supporting our kids with school supplies and arts & crafts projects that build self-esteem and teach safety, and providing direct services to children who have suffered domestic violence, sexual molestation and child abuse.

In 2015, CASDA provided supportive services to 83 local area children/adolescents and housed 115 in our emergency shelter. In addition, we provided abuse prevention education to 1193 students in our local area schools. CASDA continues to provide support and advocacy to children, adolescents and adults while working towards social change to end suffering.

CASDA Donation Drive, Thursday—Saturday, April 14-16

CASDA depends on community support to help meet the basic needs of individuals and families seeking refuge in our emergency shelter. If you can add any of these items to your Walmart shopping list, stop by **Walmart Supercenter in Superior** (3705 Tower Ave.) **April 14-16 from 1-6PM.**

If you can't make it to Walmart during these times, you can deliver requested items to CASDA (318 21st Ave E, Superior) between 8AM-4PM, Monday-Friday, anytime of year. **A phone call before you come is always appreciated! 218-392-3136**

Items In High Need:

- Garbage bags (Especially 45 gallons)
- Zippered, waterproof mattress protectors (twin-sized)
- Paper towels & toilet paper
- Laundry soap
- Cleaning Supplies
- Clothing: Bras, socks, underwear (all sizes)
- Cold medicines (Especially children's)
- Ibuprofen
- Tylenol
- Non-Perishable food items
- Gift cards in any amounts





CASDA and Community Partners Promote Sexual Assault Awareness



CASDA, the Douglas County Coordinated Community Response (CCR) Team for Sexual Assault, and UW-Superior present this year's annual *Speak Out Superior* event, with a focus on campus sexual assault. We hope you can join us **Monday evening, April 25th**, for a viewing of the powerful documentary "The Hunting Ground" and for related discussion. **Speak Out Superior: The Hunting Ground** starts at 6 pm in the Great Room of the Yellowjacket Union at UWS, with music at 6 pm, an introduction and survivor story at 6:30, the "Hunting Ground" film at 7:00, and a panel discussion at 8 pm, with an open mic for survivors to follow. Childcare available!

On Saturday, April 30th 5-9pm at the UWS Wessman arena, the Harbor City Roller Dames will take on two other regional roller derby teams in a double-header, and CASDA will be in the

spotlight as the bout's featured nonprofit! CASDA staff and volunteers will run the Kids Zone (coloring, face-painting, and more) while accepting donations. Spectators will also have an opportunity to see a portion of the survivor-created Clothesline Project Exhibit, described below.

Throughout April, watch for Clothesline Project t-shirts on display at Superior businesses! The Clothesline Project is an art project devoted to fighting domestic violence and abuse of any kind. The project provides an outlet for survivors to express their emotions through decoration of a shirt. Then, these shirts are displayed on a clothesline to be viewed by others as a testimony to the problems of sexual and domestic violence. The colors of the shirts indicate the type of abuse the survivor has gone through.

Empowering with Positive Energy by Kim Marble-Follis

Working with survivors of abuse can be a challenge. Those that have suffered at the hands of others often struggle with low self esteem and difficulty making decisions. As advocates we can help them identify abilities which they may not be able to see in themselves. Abusers diminish the hope victims need to escape a detrimental environment strategically created by using power and control. When victims are repeatedly pressured to do what their abuser thinks they should do and say what their abuser thinks they should say, they sadly start to feel powerless in everyday life.

Healing occurs when survivors are given the space to discover their self worth in a safe, positive environment. We can help by pointing out their achievements, recognizing their strengths and replenishing their lost confidence. Studies have shown that positive affirmations, repeated continually, can influence thoughts. Initially, victims can be acknowledged in a positive light for seeking help to escape the abuse. They can be immediately reminded that their safety is a priority, not to mention a human right. We can follow up by helping them find their strengths and by discussing available options, with the desired outcome being their ability to make informed decisions that are in their best interest. While practicing what we call "one-on-one peer counseling," we are affording victims the chance to think with hope, use tenacity in fleeing the abuse and build self-confidence in order to overcome those who victimized them in the first place.

The mind is scarred by negative, violent acts. Providing positive input counteracts the effects of previous abuse. No matter what others have done to them, we can remind victims that practicing positive thoughts can reinforce their motivation to move beyond the past. Although positive energy and thoughts are not all that is needed for victims to recover from abuse, they can help victims recognize what is good in the world, create a foundation for hope and help erase the wrong that has been done to them. Positive thoughts and energy help balance the scales of the soul, lead to positive self worth and support the ability to thrive.

CASDA ANNOUNCES NEW STAFF AND PROGRAMMING

WELCOME BACK, RENEE!

Renee Turcotte Graves, who was once our Children's Program Coordinator, has recently become CASDA's new Legal Advocate.

Having left the area last year to support her husband's education in Seattle, Renee has now returned home. When asked how she feels to be back, she says, "I am thrilled and honored to be back to work for an organization that supports our community."

Renee has worked in the health and human services field since 1999. As well as working with Alzheimer's patients, young women with traumatic brain injuries (TBI) and serious, persistent mental illness (SPMI), homeless and run-away youth, she is also a survivor of domestic and sexual abuse. She is looking forward to actively participating in social change pertaining to the treatment and rights of survivors of abuse.

LEGAL PROGRAM UPDATES

Our resident Attorney, Stephanie Thomas, is excited to welcome and be working with our new Legal Advocate, Renee Graves. Stephanie will continue to work with divorce and custody matters in Douglas, Ashland, and Bayfield Counties. Stephanie is also joining efforts with Red Cliff to help their mutual tribal clients. She is happy to report that she has survived her first winter in the Northland with only one maimed body part!

CASDA's new legal intern, Beck Demars, from UW-Superior, is helping Stephanie with the filing of court documents, legal advocacy, and other CASDA legal projects. Beck is enjoying her learning experience and hopes to stay on with CASDA in any capacity when her internship is complete.

CASDA is pleased to be hosting five interns this spring: Beck Demars from UWS in our Legal Program; Brittney Carlson from WITC in our Community Engagement Program; Lindsay Shomion from UMD in our Children's Program; Lucy Werkmeister from UMD in our Community Engagement Program, with a Human Resources focus; and Samantha Karaba from the University of Phoenix in our Sexual Assault Program. We thank this amazing group for their support!



ROYALTON MANOR SUPPORT GROUP

CASDA's Domestic Abuse Program Coordinator, Carla Pehl, is facilitating a new Support Group at Royalton Manor every Thursday from 2:30 – 4:00 p.m. Adults of all genders are encouraged to attend, even if not a resident at Royalton. Every meeting is confidential and will focus on the dynamics of domestic abuse. Meetings will cover topics such as boundaries, healthy relationships, and positive affirmations. Participants must be at least 18 years of age. Everyone is invited to join the group, and CASDA volunteers are welcomed to help plan and facilitate! Childcare is not provided, so please plan ahead. To learn more, call Carla at 715-392-3136. For a volunteer application, please contact jill@casda.org.

2016 SOCKS FOR SURVIVORS

SAVE THE DATE!



Friday, July 29th, CASDA will be hosting our 5th Annual Golf Scramble, *Socks for Survivors*, at the Nemadji Golf Course.

Team Check-In: 10:30AM– 11:30AM Shotgun Start: 12:00PM RAIN or SHINE

Entry Fee: \$90 per person and \$450 per 5-person team (Cart rental and green fees included).

Hole Sponsorship: For \$100, your business tee-sign will be featured at one hole—OR, sponsor TWO HOLES for \$175!



Golfer takes a swing at our 2015 Golf Scramble

Major Sponsors of the 2016 Socks for Survivors Scramble

Gold Sponsors:

Dreamland Supper Club, Duluth News Tribune, Four Star Construction, Jamar Company, Kari Toyota, MAC Sports, Maurice's, National Bank of Commerce, Nemadji Golf Course, Superior Telegram, and Scott Wallin, CPA

Silver Sponsors:

Holden Insurance and Johnson Insurance Consultants



"Super" golf team at last year's "Socks for Survivors" Scramble.

For additional information or to register, please contact Kelly Burger or Jill Hinnners at 715-392-3136 (kelly@casda.org or jill@casda.org)

From April 10—16, CASDA will extend extra recognition to our incredible team of ongoing volunteers, who serve local survivors by donating time and talent toward CASDA's mission.

National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference. We thank all the ordinary people who accomplish the extraordinary through volunteer service and who motivate others to follow their lead. To CASDA, all of our volunteers are, without a doubt, "extraordinary."

If you are one of them, please accept our deepest gratitude for your service.

To learn more about volunteer opportunities, contact Jill Hinnners, jill@casda.org.

CelebrateService
National Volunteer Week
April 10-16, 2016

POINTS OF LIGHT

*The Center Against Sexual & Domestic Abuse, Inc., would like to acknowledge the recent and ongoing assistance of **Barry Hunter** and his helper, **Jacob Theroux**.*

*We sincerely thank them for their generosity and willingness to support our Emergency Shelter program and clients! On many occasions, Barry has volunteered to patch holes in walls, build shelving and closets, fix plumbing issues and much, much more. He and Jacob have been tremendous assets to our shelter and we appreciate everything they do for us! **Thanks so much, Barry and Jacob!***



A special shout-out to all the sponsors and guests who made our 2015 New Year's Eve "Behind the Mask" Gala a resounding success! Please save the date to celebrate NYE 2016 with CASDA!

CASDA
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