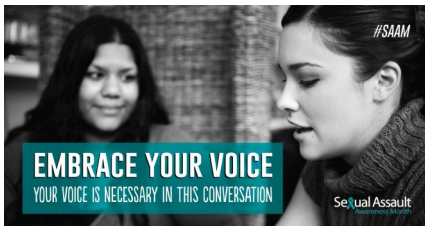


CONNECTIONS

The Center Against Sexual and Domestic Abuse, Inc.

Spring 2018

Embrace Your Voice! Sexual Assault Awareness Month 2018



The Rape and Incest National Network (RAINN) estimates that an American is sexually assaulted every 98 seconds. In 2017, CASDA provided sexual assault services to 158

individuals in the Twin Ports, amounting to more than 427 direct service hours.

April is Sexual Assault Awareness Month. During the month, the Douglas County Sexual Assault Coordinated Community Response Team (SACCR) is hosting several awareness events. On **April 3rd, the Day of Action**, members of the SACCR will be popping up at local businesses for breakfast, lunch, and happy hour. **A proclamation will be held at the Douglas County Government Center atrium at 10 a.m.**

The next event is a **Break the Silence: Twin Ports Truth Telling**. This event will take place at WITC, in the atrium, on **April 18th from 5-8 p.m.** Survivors of sexual assault are invited to publicly identify themselves as survivors and share their stories in a safe supportive environment. Allies are invited to attend in solidarity.

Our final event is **Speak Out Superior**, a community engagement event. This event will take place on **April 26th from 5-8 p.m.** in the WITC conference center. This event features diverse speakers and survivors sharing their stories as well as survivor art work, food, a "What Were You Wearing?" display, and a red jingle dress dance. There will be an open mic at the end of the event. All are invited to attend.

For more information about any of these events, please visit www.casda.org or email jenna@casda.org.

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

Upcoming Events

ALL OF APRIL —

Child Abuse Prevention Month
"Pinwheels for Prevention"
Displays throughout Superior

Tuesday, April 3rd, 10 a.m. —
Sexual Assault Awareness Month
(SAAM) Proclamation & Speakers,
Douglas County Gov't Ctr Atrium

Tuesday, April 3rd—
SAAM "Day of Action" Displays
throughout the Community

- 8—9:30 a.m., Big Apple Bagels & Red Mug Coffeehouse
- 10 a.m.—1 p.m., UWS YU
- 11 a.m.—1 p.m., WITC
- 11:30 a.m.—1 p.m., Big Apple Bagels & Red Mug Coffeehouse
- 4—6 p.m. Thirsty Pagan & Spirit Room

Thursday– Saturday, April 5th–7th, 12–6pm — "Spring Into Giving" Donation Drive, Walmart, Superior

Wednesday, April 18th, 5-8 p.m. —
"Break the Silence" SAAM Truth Telling Event, WITC Atrium

Thursday, April 26th, 5-8 p.m. —
SAAM "Speak Out Superior," WITC Conference Center

Friday, July 27, 12 p.m. —
"Socks for Survivors" Golf Scramble, Nemadji Golf Course

CASDA's Mission:

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.

30 Years!

We are excited to highlight some of CASDA's most significant accomplishments and developments since our last newsletter.

Most notably, CASDA just turned 30 years old! Our agency was incorporated in February 1988, when two smaller non-profits assisting victims of abuse in Douglas County merged to create the Center Against Sexual and Domestic Abuse. Please watch for a CASDA presence at Superior's East End Days next September, when we plan to share our joy and gratitude with our East End neighbors, as well as the many other community members who drop by the neighborhood during this annual event! We know we couldn't have reached this landmark anniversary without the commitment of countless community supporters, and we thank all of you!

CASDA is also thrilled to announce that after a successful GoFundMe campaign, our **Twin Ports Pet Safe Housing project** -- a partnership with a local animal shelter -- is about to move forward to its next step: a mid-April training for volunteer foster families. The goal is to support a network of safe homes for pets of victims who may hesitate to leave an abuser if they would have to leave a beloved pet behind. Please contact us if you live in the greater Twin Ports area and have an interest in this volunteer role; we will connect you with the animal shelter so you can apply.

Another new initiative will allow our agency to help "improve criminal justice responses to sexual assault, domestic violence, dating violence, and stalking." Under a new grant secured by the Superior Police Department, a CASDA advocate has begun working closely with local law enforcement as a part-time **Victim Services Community Advocate**, assessing risk from arrest reports, forwarding pertinent information to the prosecutor's office for review prior to arraignment, and providing follow-up with victims when appropriate.

Finally, a collaboration with Essentia Hospital, Superior, and Duluth's Program for Aid to Victims of Sexual Assault (PAVSA) has brought **Sexual Assault Nurse Examiner (SANE) response to Superior**, effective immediately, in order to improve support for sexual assault victims who report to the Superior hospital for a forensic exam. In partnership with CASDA advocates, these nurse specialists will work to ensure that the exam and the evidence-collection protocol are conducted with the highest level of consistency, accuracy and trauma-informed care.



CASDA Spring Donation Drive April 5-7, 12-6 pm

Hosted By: Walmart Supercenter, Superior

WE ARE IN GREATEST NEED OF...

GIFT CARDS, SUGAR, CEREAL, CANNED GOODS, JUICE, MAC & CHEESE, CONDIMENT, JELLY, NON-PERISHABLE FOODS, DEODORANT, TOOTHBRUSHES, TOOTHPASTE, LOTION, RAZORS, FEMININE HYGIENE PRODUCTS	DISINFECTANT SPRAY, ALL PURPOSE SPRAY, BLEACH, TOILET PAPER, DISH SOAP, HAND SOAP, TOILET CLEANER, TYLENOL, ADVIL, COLD MEDICATIONS, BENADRYL, TUMS, CHILDREN'S MEDICATIONS
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Donations can also be brought to CASDA's main office during business hours

318 21st Ave E Superior, WI 54880
Monday- Friday 8:00am-4:00pm
715-392-3136



In 2017...

- ♦ 149 women and 86 children were served in the Emergency Shelter,
- ♦ providing 5,226 nights of safety
- ♦ as well as 10,602 meals and 5,306 snacks



In January, CASDA's full time staff and Board of Directors conducted strategic planning at WITC-Superior, guided by End Domestic Abuse Wisconsin's Executive Director Patti Seger. As we enter our 30th year in Superior we are committed to our mission and strive to do even better in the years to come!

Resilience

By: Amanda Reese, CASDA Volunteer

Perseverance in the Face of Adversity

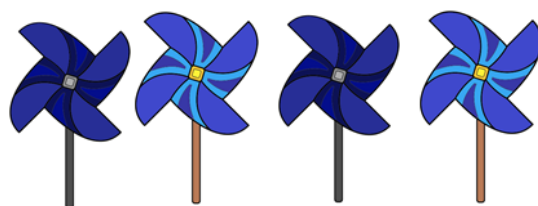
When was the last time you suffered a traumatic experience or a failure that left you feeling insecure or deflated? If you were able to dust yourself off and bounce back, you are resilient.

Resilience is the ability to overcome adversities – to succeed, even excel, despite difficult circumstances. It is an ongoing process that requires time and effort. People who are resilient display flexibility and can more easily withstand the effects of hardships like Adverse Childhood Experiences.

Sow Seeds of Love

April is Child Abuse Prevention Month!
Look out around town for CASDA's
Children's Program

Pinwheels for Prevention!



“Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.”

- APA Online Help Center, The Road to Resilience

Fostering Resilience for Life

In my experience as an Early Childhood Education student and volunteer at CASDA, I have thought about Adverse Childhood Experiences (ACEs) and how they can affect a person for the rest of their life. I sometimes wonder what I can do to foster resilience in children who have witnessed or been victim to abuse.

Dr. Nadine Harris of the Center for Youth Wellness believes that we can overcome ACEs through “interventions that help retrain the brain and body, foster resilience, and help children, families, and adults live healthier, happier lives.”

Helping a child starts with building up their confidence. This can be facilitated by using positive reinforcement and providing different experiences in which a child can fail, try again and then succeed.

To make sure all children have opportunities to build resilience, teachers and caregivers need awareness of and access to appropriate resources. The CASDA Children's Program works specifically to help build resilience in children who have been victims or witnesses of abuse.

For more information, the Resiliency Resources cited on this page, as well as the APA “Resilience Resource Guide for Parents & Teachers” (<http://www.apa.org/helpcenter/resilience.aspx>), are good places to start.

Resiliency Resources



Mobilizing action
for resilient communities

10 Tips to Building Resilience in Children and Teens

By The American Psychological Association

1. **Make connections**
2. **Help your child by having him or her help others**
3. **Maintain a daily routine**
4. **Take a break**
5. **Teach your child self-care**
6. **Move toward your goals**
7. **Nurture a positive self-view**
8. **Keep things in perspective and maintain a hopeful outlook**
9. **Look for opportunities for self-discovery**
10. **Accept that change is part of living**

Mental Health and Substance Use Coercion: Addressing Safety and Stigma

A recent survey of more than 2500 callers to the National Domestic Violence Hotline found that **89% had experienced at least one type of mental health coercion** asked about, and **43% had experienced at least one type of substance use coercion**.

Most survivors who reported their abusive partners had actively contributed to mental health difficulties or their use of substances also said their partners threatened to use the difficulties or substance use against them with important authorities, such as legal or child custody professionals, to prevent them from obtaining custody or other things that they wanted or needed.¹

Mental health and substance use coercion includes efforts to:

- undermine a partner's sanity and sobriety;
- induce disability and dependency;
- control a partner's access to treatment and other services;
- control a partner's treatment itself, including medications;
- undermine a partner's recovery;
- undermine a partner's ability to maintain custody of her children; and
- undermine a partner with family, friends, and systems where they seek help, and prevent them from accessing resources, support, and protection.

Stigma, in turn, plays a key role in allowing abusive partners to employ these tactics so successfully.



Here at CASDA, our staff is seeing more mental illness that has affected victims as a result of the abuse or assault they have experienced. One of the many Coordinated Community Response (CCR) teams to which our agency belongs is the Douglas County Mental Health CCR. This team has joined forces

with Duluth-based Northland Healthy Minds to promote the **MAKE IT OK Campaign**, designed to encourage people to talk more openly about mental illnesses and ask for help.



Each year, one in four Americans experiences a mental illness. Most will wait an average of ten years before seeking treatment, largely due to the stigma. **May is Mental Health Awareness Month**, the perfect time to start talking about mental illnesses and what we can do to Make It Ok. **How can you help? By speaking up.** When we start talking, we realize that mental illnesses are more common and relatable than we think. More importantly, people experiencing mental illnesses will be treated with respect and acceptance and be more apt to get the care they need.

Many of us don't know how to respond to people when they bring up their mental illness. But the answer is that it can be very similar to what you would say to those who have cancer or heart disease. For example: "What can I do to help?" "I'm here if you need me." "Can I drive you to an appointment?" "Things will get better."

Visit MakeItOk.org to learn more about the campaign. You can help stop the silence around mental illnesses. **Take the pledge now!** The pledge is linked to Facebook and Twitter accounts, and will be shared with your friends to **let them know that they can talk to you when they need to.** **Take the pledge, and make it ok.**

The Make It OK campaign is made possible by HealthPartners, Inc.

¹ Carole Warshaw, MD, Eleanor Lyon, PhD, Patricia J. Bland, MA, CDP, Heather Phillips, MA, and Mikisha Hooper, BA. "Mental Health and Substance Use Coercion Surveys Report from the National Center on Domestic Violence, Trauma & Mental Health and the National Domestic Violence Hotline"; National Center on Domestic Violence, Trauma, and Mental Health. March, 2014. Accessed September 5, 2015.



Congratulations to Staff Celebrating 2 or More Years at CASDA!



Kelly Burger, Executive Director—**27 Years** (Apr '18)

Kim Marble-Follis, Bayfield County Outreach

Advocate—**15 Years** (Jan '18)

Dana Doyle, Dir. Of Prog. Services—**10 Years** (Mar '18)

Ruth Hunter, Shelter House Mgr.—**6 Years** (Feb '18)

Jill Hinners, Community Eng. Coord.—**5 Years** (Sep '17)

Joanne Sanders, Shelter Prog. Coord.—**5 Years** (Jan '18)

Amber Popplewell, Sexual Assault Prog. Coord.—**5 Years** (May '18)

Martina Tendrup, Domestic Abuse Prog. Coord.—**4 Years** (Aug '17)

Kim Keskinen, FT Overnight Advocate—**4 Years** (May '18)

Connie Gaier, Shelter Advocate—**3 Years** (July '17)

Chibby Onyeador, Shelter Advocate—**3 Years** (May '18)

Jaramy Hansen, Paralegal—**2 Years** (June '18)

Cynthia Sweetnam, Attorney—**2 Years** (July '18)

Jalyn Watson, Shelter Advocate—**2 Years** (Dec. '17)

Using Your Investments to Support Survivors of Abuse

Looking for a smart way to give to CASDA?

Of course, CASDA will always welcome cash donations but there is a better way to donate to your favorite charity. With recent stock market highs, many people's investment portfolios have created a significant amount of wealth. Instead of giving cash, donors with stocks, bonds or mutual funds in regular taxable accounts that have been held for at least one year and have appreciated in value can consider donating the security directly to the nonprofit. This will result in even more tax savings for the donor since there is no capital gains tax when appreciated securities are given to a nonprofit. The donor may also be able to deduct the contribution as an itemized deduction on their personal return.

A charitable contribution from your IRA also satisfies the annual Required Minimum Distribution (RMD) requirement for your IRA. Once you turn 70 ½ the IRS requires you to begin taking RMDs annually from your IRA assets. If you are lucky enough that you don't need these RMD amounts, you can satisfy your required minimum distribution by directing them straight to charity. You can also donate part of your required distribution to charity and withdraw the rest as retirement income as long as you meet the minimum distribution requirement by the end of the calendar year. The key is that funds must be directly transferred from your IRA to the eligible charity by the IRA trustee (financial institution) in order to qualify for the tax break.

To make this process easier, CASDA has set up a brokerage account to accept donations of stocks, bonds and mutual funds. Please contact CASDA for the specific information if you would like to donate.

Generally, donations need to be made prior to the last day of the calendar year, December 31st. There are certain limits to donating appreciated securities and to making charitable contributions. Please consult with a tax advisor on these specifics. CASDA does not provide tax advice. All decisions regarding the tax implications of your investments should be made in connection with your independent tax advisor.

Nathan A. Madill, APA, IAR
President
JMR Financial Group

Thank You



MAJOR SPONSORS
OF THE CASDA NEW YEAR'S EVE GALA

GOLD AND PLATINUM SPONSORS:



SILVER SPONSORS:

Calumet
Four Star Construction
Graymont, LLC
Holden Insurance
Johnson Insurance Consultants
KBJR 6 & CBS 3
Midwest Energy Resources

SPECIAL THANKS TO:

Barker's Island Inn, Northland Special Events,
Saratoga Liquor, Nummi Jewelers,
Cash Wise Liquor, Allete Office Services,
Traction, and Christi Willette.
We also thank everyone who
attended our Gala, donated to our
silent auction or wine toss,
volunteered for our event or provided any
other contribution of time, talent or goods!



CENTER AGAINST SEXUAL & DOMESTIC ABUSE INC.

SOCKS for SURVIVORS Golf Scramble



Friday, July 27th at Nemadji Golf Course

With a shot gun start at NOON, rain or shine.

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

(L. to R.) **CASDA Volunteer Norma** and Community Engagement Coordinator Jill show off just two of Norma's hand-woven wall-hangings presented to CASDA staff with a note stating: "Dear CASDA Friends, These weavings are like you...colorful and strong. They are made with each of you in mind." What an amazing and generous gift!!
Thank you, Norma!



ANNOUNCING CASDA's 2018 CORPORATE SPONSORS!

Presenting Sponsor: MAC Sports

Gold Sponsors: Benson Electric, Dreamland Supper Club, Duluth News Tribune, JMR Financial Group, Scott Wallin, CPA, The Jamar Company, Maurices, Superior Telegram, SWL&P

Silver Sponsors: Four Star Construction, Graymont, Holden Insurance, Johnson Insurance Consultants, KBJR-6

CASDA Loves Volunteers!

In 2017, **159** volunteers contributed more than **3,700 hours** to CASDA.

Volunteers included individuals, entire college classes, youth groups, families, survivors of abuse and corporate employees. Some volunteers provided transportation and childcare to help clients access appointments related to their goals for a safer future. Some volunteers supported our special events. The members of CASDA's Board of Directors fill a particularly valued volunteer position!

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

National Volunteer Appreciation Week 2018 takes place **APRIL 15-21**. If you have volunteered for CASDA in the past year, please accept our deepest thanks!!

PLACE
STAMP
HERE