

CONNECTIONS

The Center Against Sexual & Domestic Abuse, Inc.

Spring 2021



Ways to Participate -

- Wear **BLUE** on April 1st and post a selfie on social media with the hashtag #CAPM.
- View the April 1st CAPM Proclamation on CASDA's Facebook page or YouTube Channel.
- "Play like a child!" Visit casda.org for a daily calendar of activities to enjoy either on your own or with your child/ren. Consider making a short video of your inner child's adventures!
- Stay tuned to CASDA's Facebook page for several fun Storytimes (5 to 15 minutes long), with books read by CASDA staff and community partners.
- Become a certified Safe and Strong Child presenter to take an active role in prevention! More info inside.
- Parents: participate in UW-Extension's series of free virtual "Positive Parenting Program" seminars. More info inside.
- Direct a monetary donation to CASDA's children's program or another youth-serving organization.
- Stay tuned to casda.org and our Facebook page for related information throughout the month!

CASDA Works with WCASA to Develop Anti-Racist Culture and Practices

In December 2020, CASDA formally agreed to receive training and technical assistance during 2021 from the Wisconsin Coalition Against Sexual Assault (WCASA) related to CASDA's goals of becoming an anti-racist organization and further developing a positive workplace culture.

Topics to be addressed during this collaboration include:

- identifying and healing from organizational trauma,
- improving direct and ethical communication,
- applying anti-oppression/anti-racism principles in daily operations, *and*
- supporting all staff, with a focus on staff of color.

We look forward to finalizing and sharing an agency anti-racism statement later this spring, as well as updating our community on CASDA's progress related to these critical issues. As stated in our MOU with WCASA, we recognize that "the process of becoming anti-racist is never complete and must be an ongoing commitment."



2021 Sexual Assault Awareness Month Events

- Thursday, April 1st, 12 to 1 p.m. via Zoom - SAAM Talkback hosted by UWS and featuring guest speaker Fatima Jayoma, Rural Projects Coordinator for the Minnesota Coalition Against Sexual Assault (MNCASA)
- Thursday, April 1st, 3 p.m. via Zoom - *Joint Proclamation* by Superior Mayor Jim Paine and Douglas County Board Chair Mark Liebaert. CASDA's Sexual Assault Program Coordinator, Nicole Thole, will also speak about this year's SAAM theme, "We Can Build Online Safe Spaces."
- Tuesday, April 6th, 5 p.m. to 6 p.m. via Zoom - Presentation and Q&A on *Sexual Violence Issues in Criminal Law*, hosted by Douglas County Asst. District Attorney Angela Wilson
- Wednesdays, April 7th, 14th, 21th, and 28th from 12 to 1 p.m. via Zoom - *Canary Podcast Review* sessions. The podcast is a 7-part series from the Washington Post chronicling a sexual assault case from initial report to mishandling of the perpetrator's probation. Discussion will be facilitated by the Douglas County Sexual Assault Coordinated Community Response (SA-CCR) Team. Attendees would benefit by listening to the podcast first, but are welcome regardless. Transcripts of the podcast are available for the deaf and hard of hearing.
- Thursday, April 15th - Deadline for submissions to the virtual *Clothesline Project*, organized by UW-S Academic Learning Service students to honor the voices of survivors
- Thursday, April 22nd, from 4:30 to 5:30 p.m. via Zoom - *Marginalized Bodies, Queer Consent* Hosted by the UW-Superior Gender Equity Resource Center, this event features discussion and resources related to LGBTQ-identifying folx.
- Throughout April - The Spirit Room will promote a signature SAAM cocktail. Watch their social media for a drink-making demo by manager Lindsey Graskey, as well as April tie-in events.
- Throughout April - CASDA's FB page will highlight related info, including additional community partnerships and promotions.
- You can also recognize SAAM by donating to CASDA's Sexual Assault Program or to another organization that supports survivors!

Agency Updates & Thank Yous

Our Shelter Needs You!

"Fall Into Giving" Donation Drive

Sept. 16th-18th Noon-6 p.m.

@Super One

2202 E. 2nd St., Superior

(COVID-19 - dependent)

Due to public health guidelines, we do not expect to hold an in-person drive before fall.



The results of the virtual New Year's Eve Gala -- CASDA's first major fundraising event held online -- exceeded our expectations!

Because of community members like you, we raised more than \$11,000, AFTER EXPENSES, easily surpassing our \$10,000 goal. Our generous 2020 Corporate Sponsors provided nearly \$35,000 in additional support.

Once again, our community truly stepped up, even in the midst of a pandemic, to help sustain CASDA's services for survivors of abuse.

Thank you from the bottom of our hearts!

Special thanks to:

CASDA's 2020 Corporate Sponsors; our "Behind the Masks" Planning Committee; CASDA's staff, board, interns, and volunteers; Brandon Iverson; Cash Wise Liquor; Christi Willette; First Witness; Hoffbauer Tree Farm; How Sweet It Is; Mayor Paine; Nummi Jewelers; One Less Guest; PAVSA; Phil Sneve; Positively Third Street Bakery; Rooted in Wellness; Spirit Room; SuperOne; Bernick's Superior; Twin Ports Pinup; UW-Superior; ALL of our Auction Donors; and EVERYONE who tuned in to the gala or donated time, talent, goods, or financial support to help sustain CASDA's services in 2021 and beyond!



April 18th-24th is Volunteer Appreciation Week!

CASDA would like to thank all of our interns and volunteers! We appreciate you for EVERYTHING that you do!

53 community members volunteered for CASDA during 2020.

Those who can, do. Those who can do more, volunteer.

~Author Unknown



CASDA Partners with UW-Extension to Bring Triple P: Power of Positive Parenting to the Northland



by Sherry Boock, Children's Program Coordinator

Last fall, at the invitation of our local UW Extension's Human Development & Relationships Educator, Tracy Henegar, I became an accredited facilitator for the *Triple P: Power of Positive Parenting* program.

Triple P is an internationally recognized parenting program being piloted here in Wisconsin as part of a grant received by UW-Madison Division of Extension. This preventative program aims to promote caring relationships between parents and children and to help parents develop effective strategies for dealing with common behavioral, emotional and developmental problems. The multi-level system allows presentations to be targeted to the needs of the community, providing support for parents to improve outcomes for children in rural Wisconsin.

We have presented three seminars, *The Power of Positive Parenting*, *Raising Confident, Competent Children*, and *Raising Resilient Children*, to the community and are prepared to present four more in-depth group discussions in April as part of Child Abuse Prevention Month.

Upcoming sessions will cover *Dealing with Disobedience*, *Managing Fighting and Aggression*, *Developing Good Bedtime Routines*, and *Hassle-free Shopping with Children*. The seminars and discussion groups are targeted for parents with children 0-12 who are experiencing relatively minor or routine behavior issues. I feel this fits beautifully into CASDA's mission to prevent child abuse as it gives parents necessary skills to change or handle behaviors in a positive way.

Feedback from parents and caregivers who have attended has been overwhelmingly positive. The small group size, typically 8-12 participants, makes conversation easy and enables us as presenters to answer specific questions. One participant is a foster parent whose children have experienced trauma, another is parenting a child with autism and a third is a single father with two children under the age of four. Through discussion with the group we were able to tailor the material to their individual situations in a way that also benefited the whole. Having parents in a virtual room together sharing struggles and successes helps us all realize that we are not alone in the job of raising children and that we all struggle at times.

The next round will address: Dealing with Disobedience (4/14), Managing Fighting & Aggression (4/21), Hassle-free Shopping with Children (4/28), and Developing Good Bedtime Routines (5/5).

Find the sign-up link at www.facebook.com/events/183965116449872/.

Black Female Activists Blaze Trails

By Emma Inkman, UW-S Student and CASDA Intern

Black women have long served as leaders in the movement to end domestic and sexual violence, yet many of these change-makers are still rarely known or discussed in schools, media, and in everyday life. **Tarana Burke**, **Loretta Ross**, and **Kimberle Crenshaw** are three Black women in the United States who continue to blaze trails in the movement to end domestic and sexual violence. Our society should know that without Black women, there is no movement in fighting to end violence against women.

"Without black women, there is no movement in fighting to end violence against women."

Tarana Burke is a public speaker and an activist from The Bronx, New York. Burke is a sexual violence survivor herself. She is known for being the founder of the famous **#METOO** movement, created to highlight violence experienced by marginalized women. The hashtag gained international attention and brought major attention to the issue of sexual violence within our society. Before the **#METOO** movement, Tarana worked for over 15 years in helping victims of sexual violence. She ran healing circles, openly shared her story, and used a community-based approach to healing. She is currently Senior Director at Girls for Gender Equity in Brooklyn, N.Y.

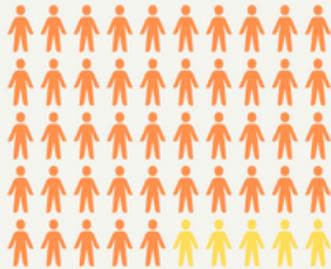
Loretta Ross is a human rights activist, professor, and writer. Loretta has written many pieces on reproductive justice and the history of African American women. She is known as the pioneer of reproductive justice theory. Loretta joined the women's movement back in 1974 after working at a rape crisis center.

During her time working there, she learned about women's human rights, white supremacy, reproductive justice, and women of color organizing. Loretta currently teaches a course at Smith College on the impacts of white supremacy. She is also principal partner with 14th Strategies Consultants, a public affairs strategic agency dedicated to helping organizations, universities, and corporations live up to the 14th Amendment of the U.S. Constitution. Through her work, she has brought major attention to reproductive coercion, racism within our society, and sexual violence.

Kimberle Crenshaw is a scholar, lawyer, civil rights advocate, and writer. She is famously known for coming up with the term "intersectionality," which changed the way people thought about social identity. Crenshaw spoke about the urgency of intersectionality at her widely viewed TED Talks appearance. She brought awareness to the fact that African American women exist at the intersection of multiple oppressions and experience dual violence of both racism and misogynistic behaviors by others. Crenshaw currently splits her time working at UCLA and the Columbia School of Law. One of her classes at UCLA looks at intersectional perspectives on race, gender, and the criminalization of women and girls.

These three women educate the community in big ways. They are showing the major disparities within our society that people are not talking about. Whether teaching, writing, organizing, or public speaking, these women are pushing members of the greater community to see and address the injustices throughout our society. They persist in breaking the stigma around talking about sexual violence. These women are all doing different things but working together to change our society for the better.

CASDA's 2020/2021 Client Service Survey Responses



Between 2020 and 2021, CASDA received survey responses from over 50 survivors. From those responses, over 90% have given positive feedback about their experience.

CASDA provides services to survivors that allow them to obtain support and resources.

“ They made me and my child feel safe. They made me feel like they were there for us and that we mattered! They made me feel alive again. ”

“ There is no way I can express fully my appreciation for CASDA. Hands down, I am where I am today due to the help, advice, and support I received from this organization. ”

“ So far every experience we have had with CASDA has been positive. I am very thankful for all that you do and for all of your help so far. ”



Survivors who feel that they have learned new ways to enhance their and/or their children's safety.



Survivors who feel that they and/or their children know more about available community resources



Survivors who feel that working with CASDA helped them set and/or achieve personal goals

For more information, look for our 2020 Annual Report coming soon! www.casda.org

CASDA THANKS OUR 2021 MAJOR CORPORATE SPONSORS!

- Diamond Sponsor:**
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 - Re/MAX Results
 - Scott Wallin, CPA
 - Superior Telegram
 - SWL&P
 - Holden Insurance
 - Johnson Insurance Consultants
 - JR Jensen Construction
 - The Jamar Company



S.W.A.G.

by Danielle Hewitt, CASDA Intern

Survivors Warriors Advocating Group (or S.W.A.G.) is a new domestic violence outreach project being headed by Desirae, CASDA's Bayfield County Outreach Coordinator, and Lisa, our Domestic Abuse Program Coordinator. The goal of S.W.A.G. is to provide domestic violence training to people in the Duluth, Douglas County, Bayfield, and Ashland areas working at personal care and wellness businesses, such as hair salons, where they interact with customers who have the potential to open up to them about domestic violence experiences. Another goal of this project is to subtly provide resources to community members who may be experiencing domestic abuse so that they can safely get the help that they need if and when they're ready. Desirae and Lisa plan to roll out this training later this spring.

Meet our New Staff and Spring Interns!

Jordan Zabel - he/him/his

My position at CASDA is the Sexual Assault Campus Advocate located on the campus of UW-Superior, where I will be working with students at UW-Superior and WITC-Superior who have been affected by sexual assault.

I came to CASDA because I have always been an advocate for sexual assault survivors and victims since college when friends and colleagues came to me about their experiences. I have experienced sexual assaults in my life as well and want to help see an end or downturn in the number of cases. I also have a passion for non-profits and trying to leave the world a better place than how we found it.



Emma - she/her/hers

Hi, I'm Emma Inkman. I am a social work student at UWS. It is my senior year and in my senior year, we get the opportunity to be placed in an internship. One of my teachers suggested CASDA to me because it aligns with the population I would like to work with in the future. I am currently a community engagement intern at CASDA. My experience so far has been really great, and the staff have all been super welcoming.

Danielle - she/her/hers

Hi! My name is Danielle and I intern in victim advocacy with Desirae, the Bayfield County Outreach Coordinator, at the Washburn location. I have been doing a lot of community outreach, creating presentations and resources, and getting involved with client support.

What brought me to CASDA was my desire to find an internship that focused on helping people in need. With my career goal of becoming a therapist, interning for CASDA has been the perfect opportunity to begin interacting with a population that I might someday see as a therapist. Right now, I'm a sophomore at Northland College studying Psychology and Business Administration with a minor in Environmental Studies. In my free time, I like writing, crocheting, rock climbing, and hiking.



TRAUMA-INFORMED YOGA COMES TO CASDA

BY DANIELLE HEWITT,
NORTHLAND COLLEGE STUDENT & CASDA INTERN

Trauma-informed yoga is an approach to creating a safe, supportive space in which participants can learn emotional regulation skills through connection with the breath and increased body awareness. The teacher offers options to allow everyone to do what's best for them and honor their bodies. The goal of trauma-informed yoga at CASDA is to help individuals discover and deal with their trauma in a safe way that leads to self-regulation and self-acceptance.

To learn more about trauma-informed yoga, I interviewed Lisa, CASDA's Domestic Abuse Program Coordinator, who has been practicing trauma-informed yoga with some of her clients. It has helped a lot of her



clients learn that they have the power within themselves to heal from their trauma and embrace their divinity. She told me about a profound experience where, after doing trauma-informed yoga with Lisa, a client found herself

reacting in a healthier way when something triggered her. She told Lisa that during a triggering event, she was able to find her breath and calm herself down. This was extremely significant, Lisa told me, because this client used to shut down sometimes for days after a triggering incident. Trauma-informed yoga is a great tool for learning how to look within oneself to recognize that we have the answers on how to heal ourselves.

Not only has she been doing yoga with clients, but Lisa has also been teaching yoga to CASDA's staff. After every weekly staff meeting, she does a short yoga session for her colleagues. In addition, she teaches yoga on CASDA's Facebook page every Friday at 11:00am CST. She recommends that anyone attend these beginner yoga sessions if they want to get into yoga but aren't sure exactly how. She also suggests searching on YouTube, online classes, etc., to find a yoga teacher with whom you resonate.

Everyone experiences trauma to some degree in their life. Trauma-informed yoga is a great tool for learning how to self-regulate and for finding peace both within oneself and within one's community. As I finished the interview with Lisa and got ready to say goodbye, she urged me to let you all know one thing: yoga is for everyone. Even if you think you can't do it, even if you're not flexible, and even if you have a disability, you can still do yoga. Physical poses are only one of the 8 limbs of yoga. Meditation and concentration are two of the other limbs of yoga that are easily adaptable to different capabilities and preferences. Yoga is for any BODY!



BEAUTIFUL STRENGTH PROJECT (BSP)

BY JESSICA KARPINSKE
& KELLY KELLAR,
BSP DIRECTORS

The vision of The Beautiful Strength Project (newly designated as its own 501c3 non-profit organization) is to use a holistic approach to health and wellness education for women who have experienced trauma and crisis. The goals are to enhance self-efficacy and strength, increase resilience and confidence, develop empowerment skills, and provide social, emotional, intellectual, spiritual, and interpersonal support to BSP participants.

The Beautiful Strength Project works in partnership with The Strength Factory, CASDA, Safe Haven, Harbor House, AICHO, First Witness, and Rooted In Wellness. Currently the group runs once a week through Zoom for 1.5 hours and is attended by participants from partner agencies along with advocates from those agencies when possible.

As the founders of this program, our vision is to grow and expand our reach to women in the Twin Ports as well as youth. The impact of our group comes not only from direct interaction with the women on a weekly basis, but also knowing that through empowerment and building a foundation of self-love, cycles of abuse and violence will be broken for the participants, their children and future generations.

This project enhances community-based (non-clinical) services that strengthen community and empower women who are actively seeking to heal from trauma, live healthier lives and break cycles of violence for themselves and future generations. We 100% believe in the impact this type of work can have in the lives of women. It is said, when we continue to open our hearts, we aren't only doing our own work, but we are healing seven generations before and seven generations after us.

We appreciate all the referrals community partners make to The Beautiful Strength Project and are happy to connect with you individually and answer any questions you have about referring women to the program. Send us an email anytime! We'd love to hear from you.

For questions and referrals, simply send a message to Kelly and Jessica at beautifulstrengthproject@gmail.com.

SAVE THE DATE!

CASDA is excited to resume our annual "Socks for Survivors" Golf Scramble after its year off!

Presented by **MAC Sport & Marine**, the Scramble will take place **Friday, July 30th, at Nemadji Golf Course, with a 9am shot-gun start** (as health guidelines permit).



Help sustain CASDA's critical community services by sponsoring a hole OR entering a 4-person team!

Golfers who feel safer skipping the group event will be able to schedule an alternate tee-time during the 7 days leading up to July 30th. These "virtual" teams will submit their scores electronically and still be eligible for select prizes.

More details to come at www.casda.org.

SAFE AND STRONG PRESENTER CERTIFICATION

CASDA is now bringing this curriculum to Douglas, Ashland and Bayfield Counties.

The Safe & Strong Child program is a body safety curriculum that has been provided to schools, pre-schools, Early Childhood Family Education classes (ECFEC) and Head Start programs in Southern Saint Louis County, Minnesota for more than 25 years.

WHEN: APRIL 26TH AND 27TH

TIME: 12PM-4PM

PRICE - \$60 INCLUDES:

- 8 HOURS OF TRAINING THAT WILL CERTIFY YOU TO TEACH THE BODY SAFETY CURRICULUM WITHIN YOUR ORGANIZATIONS.
- A BOUND BOOKLET AND USB DRIVE CONTAINING THE CURRICULUM
- SAMPLE LETTERS FOR FAMILIES AND SCHOOL STAFF, STORYBOARD PICTURES, AND MORE.

TRAINING WILL TAKE PLACE OVER ZOOM

Find the registration link at <https://casda.org/event/safe-and-strong-child-presenter-training/>

Mailing label here

Prefer an
e-newsletter?
Email us at
info@casda.org.

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