

# CONNECTIONS

THE CENTER AGAINST SEXUAL & DOMESTIC ABUSE, INC.

SPRING 2022

## APRIL IS CHILD ABUSE PREVENTION MONTH

### Ways to Participate (CAPM) -

- Wear **BLUE** on April 1st and post a selfie on social media with the hashtag #CAPM.
- Attend the April 1st Proclamation (find details in the adjacent article).
- Parents: participate in UW-Extension's series of free virtual "Positive Parenting Program" seminars.
- Watch for donation jars and informational handouts at select local businesses during April. The money raised goes directly to CASDA's Children's and Sexual Assault Programs, in part to offset the cost of the annual holiday party and gifts for our clients.
- Let a child in your life know that you believe and support them!

### Ways to Participate (SAAM) -

- Attend the April 1st Proclamation
- Wear **TEAL** on April 5th, the SAAM Day of Action, and post a selfie on social media with the hashtag #SAAM2022.
- Check out the additional events highlighted on the next page!
- Direct a monetary donation to CASDA's Sexual Assault Program or another organization working to prevent sexual violence and support survivors.
- Ask for consent.
- Believe survivors.

## Working together to support children

The Mayor of Superior, Jim Paine, and Douglas County Board Chair, Mark Liebaert, will issue a proclamation dedicating April as Child Abuse Prevention and Sexual Assault Awareness Month at 10:00 a.m. on Friday, April 1st, in the Douglas County Government Center atrium.

Additional speakers will include CASDA Children's Program Coordinator, Sherry Boock, Superior Police Department's (SPD) Coordinated Response Specialist, Jennifer Stank, and Douglas County Assistant District Attorney Angela Wilson. Attendees can anticipate hearing about Jennifer Stank's new role with SPD, UW-Extension's Triple P: Power of Positive Parenting program, Safe & Strong Child body safety lessons currently being taught to each third grade class in the Superior School District, and other community resources related to the prevention and awareness of child abuse and sexual violence.

This event is free and open to the public! Come kick off Child Abuse Prevention AND Sexual Assault Awareness month with us, pick up some cool CASDA awareness materials, and learn more about creative, collaborative efforts to support area children and survivors.

April is  
Sexual Assault  
Awareness  
Month



# 2022 SEXUAL ASSAULT AWARENESS MONTH EVENTS

- Friday, April 1st, 10 a.m. in the Douglas County Government Center atrium -- The Mayor of Superior, Jim Paine, and Douglas County Board Chair, Mark Liebaert, will proclaim April as Child Abuse Prevention and Sexual Assault Awareness Month. Additional speakers will participate. The public is invited and encouraged to attend this free event.
- Saturday, April 9th, 10:30 a.m. - 1:30 p.m. at the Strength Factory -- Yoga with Lisa is open to the public. The first 30 mins will include getting situated and learning about CASDA and trauma-informed yoga. The yoga session will run from 11-12. Then, Reiki and card readings will be available from 12:30-1:30 by appointment. 715-392-3136 (Ask for Lisa.)
- Thursday, April 14th, 5:30 p.m. in the UW - Superior Yellowjacket Union Great Room -- Internationally renowned educator Jackson Katz will speak about gender, race and violence. We are thrilled to join UWS as a co-sponsor for this amazing opportunity!
- Wednesday, April 20th, 5:00 p.m. at UW - Superior -- "The Hunting Ground," a film tackling the issue of justice for victims and survivors of sexual assault on college campuses, will be screened.
- Throughout April - Watch for teal and blue flags on the Douglas County Courthouse lawn.
- Throughout April - CASDA's Facebook page and Instagram account will highlight related information.
- You can also recognize SAAM by donating to CASDA's Sexual Assault Program or to another organization that supports survivors!

# AGENCY UPDATES & THANK YOUS

Re-stock our Shelter!  
**"SPRING INTO GIVING"**  
**DONATION DRIVE**  
**MAY 5TH-7TH**  
**NOON-6 P.M.**  
**@WALMART**  
**IN HERMANTOWN**  
**4740 MALL DRIVE**



**PLEASE NOTE THAT OUR SPRING DONATION DRIVE IS MOVING ACROSS THE BRIDGE THIS YEAR. NEARLY HALF OF OUR SHELTER CLIENTS COME FROM ST. LOUIS COUNTY.**



## APRIL 17TH-23RD IS NATIONAL VOLUNTEER WEEK!

**CASDA WOULD LIKE TO THANK ALL OF OUR INTERNS AND VOLUNTEERS! WE APPRECIATE YOU FOR EVERYTHING THAT YOU DO!**

51 community members volunteered for CASDA during 2021.

Those who can, do.  
Those who can do more, volunteer.  
~Author Unknown

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

SPECIAL THANKS TO SPRING 2022 COMMUNITY ENGAGEMENT INTERN MADDIE GATES (UMD), WHO ASSISTED GREATLY WITH THE PRODUCTION OF THIS NEWSLETTER.

# Meet CASDA's New Housing First Program Coordinator, Desiree Otterino



## ABOUT DESIREE

A mom of four with strong family ties, Desiree also has strong ties to her Native heritage. Desiree says that she has a large extended family that leans on each other for everything.

Previously, Desiree was a domestic violence advocate, as well as an advocate for families of children with special needs and a special education paraprofessional. She then stepped away from the work-life to be with her family more. She has continued to be a strong voice for her community and within the MMIW (Missing and Murdered Indigenous Women) movement.

Through this work, Desiree discovered she wanted to be on the other end of this spectrum: instead of solely looking and advocating for those who are missing, she wants to work to prevent tragedy, create a safer environment, and advocate from the start of the journey.

At CASDA, Desiree will be instrumental in developing and launching a new program to improve housing opportunities for survivors as they seek a safer living environment and future.

## WHAT IS "HOUSING FIRST?"

CASDA's new Domestic Violence Housing First (DVHF) program is made possible with a special three-year grant from the Wisconsin Dept. of Children and Families that provides flexible funding and housing-focused advocacy services for victims of abuse in CASDA's service area.

Designed to meet the needs of clients who fall through the cracks, this program focuses primarily on helping survivors who face multiple barriers secure and maintain stable, long-term housing. The Housing First strategy addresses homelessness first, making other challenges faced by survivors easier to manage. Many DVHF services will be delivered to clients through mobile advocacy, allowing us to meet survivors where they are. This might mean meeting a client in their home or driving to them in the next county.

The flexible assistance provided by this program could help a client secure child care, create a budget, develop connections within the community, seek and obtain housing, and much more. It is meant to target a survivor's unique needs related to finding and keeping a safe, stable home.





# Yoga with Lisa!



CASDA's Domestic Abuse Program Coordinator, Lisa Jordan, is proud to announce a partnership with Embark of Superior, Wisconsin.

Embark is a supported employment agency. A brief history: "Embark has changed and evolved through the years, but the organization's mission which drives us has remained the same and it states -- Supporting individuals as they discover their dreams through meaningful employment and community engagement."

Lisa is a registered yoga teacher, certified in Shambahva, Hatha, Trauma-Informed Yoga, and Kundalini meditation. CASDA will be utilizing space at Embark to teach "Trauma Sensitive Yoga." This weekly class will be available to CASDA clients, staff, volunteers, and Embark staff. Sessions will be every Wednesday from 11 am-12 noon. Lisa encourages participants to arrive about 10 minutes early to get situated and mentally prepare. Self-regulation is the goal of a trauma-informed practice. This practice is more than just exercise; it is a lifestyle and its goal for participants is self-acceptance.

## Benefits of Trauma-Informed Yoga

To feel grounded, centered, and in present time, with access to one's breath in the postures

To safely discharge traumatic stress  
To be KIND to oneself

To begin to trust in the rhythm of life again

To trust the signals of the body

To feel integrated and whole

To tolerate discomfort and know that you will be OK

## RESILIENCE



CASDA's new yoga room at Embark

# Meet our Spring Interns!

## MADDIE- SHE/HER/HERS

Community Engagement Program intern, Maddie, is a senior at the University of Minnesota - Duluth (UMD) with a major in Psychology and a minor in Communication. She aspires to a career in Human Resources (HR) or Industrial-Organizational (I/O) Psychology. Maddie chose to intern at CASDA because she feels very passionate about helping those affected by domestic abuse, sexual violence, and child abuse while also combining those aspects with HR. In her free time, Maddie loves to travel, cook, and spend time outdoors.



## GRACIE- SHE/HER/HERS

Gracie is a senior at UMD double majoring in Criminology and Political Science. She is currently a Legal Program intern working with CASDA's two attorneys, and she is considering going to law school. She chose to intern at CASDA because she is interested in a career that helps others. In her free time, Gracie enjoys traveling, rollerblading, spending time with family and friends, and doing makeup.



## CHRISTINE- SHE/HER/HERS

Christine is a senior at the University of Wisconsin - Superior (UWS) in the social work program. She is currently interning in CASDA's emergency shelter. Christine wanted to intern with CASDA because she feels strongly about helping others that are going through domestic violence. Christine wants to be a social worker who specializes in supporting children who have experienced domestic and/or sexual violence. In her free time, Christine likes to be outdoors hiking or camping. She also likes doing fix-it projects around the house.



## ASHLEY - SHE/HER/HERS

Ashley is in the last semester of her gerontology degree, Aging Service Professional, at Northwood Technical College in Ashland. She is an intern with CASDA's Bayfield County Outreach Coordinator. Ashley's career goal is to work with older adults to improve their lives in any way she is able to. Ashley wanted to intern with CASDA because she personally and professionally wants to make a difference in the lives of adults as well as advocate for victims of domestic violence. Some of Ashley's hobbies are hiking, swimming, camping, and doing DIY projects.



# Upcoming Events: Snip & Save!



Center Against Sexual and Domestic Abuse

## YOGA WITH LISA

#SAAM #endvictimblaming



**Saturday April 9, 2022**  
**10:30 am - 1:30pm**

@ Strength Factory  
**625 Hughitt Ave, Superior WI 54880**

Come learn more about CASDA and participate in a yoga session from 11a-12p with Lisa, our Domestic Abuse Program Coordinator! Reiki and card readings to follow from 12:30-1:30 (by appointment only). Call Lisa at 715-392-3136 to schedule.



**Event is free and open to the public.**



### TRIPLE P POSITIVE PARENTING PROGRAM SUMMER 2022 SEMINARS

An introduction to the strategies of positive parenting. Attend any number of three 60-minute classes. FREE at-home tip sheets are given to all parents who attend seminars.

FOR PARENTS OF CHILDREN 0-12 YEARS OLD	FOR PARENTS OF TEENS 12-16 YEARS OLD
<p><b>Wednesdays Lunch &amp; Learn (Noon-1pm)</b></p> <p><b>June Sessions</b>                      15th - The Power of Positive Parenting                      22nd - Raising Confident, Competent Children                      29th - Raising Resilient Children</p>	<p><b>Wednesdays - Lunch &amp; Learn (Noon-1pm)</b></p> <p><b>July Sessions</b>                      13th - Raising Responsible Teenagers                      20th - Raising Competent Teenagers                      27th - Getting Teenagers Connected</p>
<p><b>0-12 CLASSES REGISTER AT:</b>  <a href="https://forms.gle/YLYRnBICR3VYPBJR8">https://forms.gle/YLYRnBICR3VYPBJR8</a></p>  <p>Scan with your smart phone camera to register</p>	<p><b>TEEN CLASSES REGISTER AT:</b>  <a href="https://forms.gle/LLT7vEYQtcGcNpu6">https://forms.gle/LLT7vEYQtcGcNpu6</a></p>  <p>Scan with your smart phone camera to register</p>

**Classes Facilitated By:**

<b>Sherry Boock</b> CASDA - Superior, WI 715-392-3136	<b>Mandi Dornfeld</b> Winnebago County Extension 920-427-9075	<b>Amanda Griswold</b> Crawford County Extension 608-326-0223	<b>Tracy Hanegar</b> Bayfield County Extension Douglas County Extension 715-295-1426	<b>Heidi Ungrodt</b> Ashland County Extension 715-482-7017
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An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming. Including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.




## THE HUNTING GROUND

**WEDNESDAY, APRIL 20TH, 5 PM**  
**@ UW- SUPERIOR YELLOWJACKET UNION**  
**FREE AND OPEN TO THE PUBLIC**  
**MORE INFORMATION AND UPDATES WILL BE AVAILABLE ON CASDA'S FACEBOOK PAGE**


**"MANY COLLEGE STUDENTS WHO HAVE BEEN RAPED ON CAMPUS FACE RETALIATION AND HARASSMENT AS THEY FIGHT FOR JUSTICE." SCREENING AT UWS**

**Prevention is Possible**



UNIVERSITY of WISCONSIN  
**Superior**

**April is Sexual Assault Awareness Month. Educate yourself. Know your rights. Be informed.**




**EMBARC**  
 2320 HILL AVE  
 SUPERIOR, WI  
 54880

**EVERY WEDNESDAY**  
**11AM-12PM**

## TRAUMA SENSITIVE YOGA

For CASDA clients, staff and volunteers  
 All equipment will be provided just bring yourself and an open mind. All classes are free of charge.

**TRAUMA SENSITIVE YOGA HELPS WITH ANXIETY, DEPRESSION AND PTSD BY HELPING YOU SELF REGULATE**



**CALL: 715-919-7279 FOR ANY QUESTIONS OR IF YOU'RE UNABLE TO FIND THE BUILDING**



# CASDA Needs Your Help!

DO YOU HAVE GARDEN SUPPLIES OR TOOLS YOU DON'T NEED?



# WE ARE SEEKING



## GENTLY USED HAND TOOLS:

trowels, cultivators, pruners, etc.

We would also happily accept (new) garden gloves, a shovel, and a wheelbarrow.

We are also gladly accepting POTTED PLANTS to beautify our new yoga space at Embark (see p. 4)!

**\*Please call 715-392-3136 before donating!\***  
Ask for Dayja.

This spring, CASDA is starting two raised-bed gardens for survivors and staff!

### Why make a garden?

Food stability and healthy food options are a concern for all low-income families, and especially families leaving abuse. This garden will offer survivors access to healthy foods and also the chance to participate and grow their own food.

Our planned harvest includes:



Bell Peppers



Tomatoes

Broccoli

Lettuce

Carrots

Potatoes



Sexual Assault Program Coordinator Dayja has taken the lead on this exciting project. These are her working plans for two raised beds.

Once again, community members like YOU stepped up in the midst of a pandemic to help sustain CASDA's services for survivors of abuse.

### Special thanks to:

The survivor who shared her story, Behind the Mask Host Kathryn Guimond and Emcee Joel Markon, CASDA's staff, board and volunteers, CASDA's 2021 Corporate Sponsors, Born Too Late, Kelsey Miles, Superior Mayor Jim Paine, Nummi Jewelers, Spirit Room, UW-Superior, Brandon Iverson, Janet Booth, Jeff Laudergeran & Mariam Mackar (WDIO), PACT-TV, Minnesota Power, How Sweet It Is, Monetary donations from the Inter City Oil Foundation, Rod Campbell Charitable Trust, Marshfield Clinic, North Shore Bank & Crew Members of the USCG Spar, ALL of our Auction Donors, EVERYONE who tuned in to the gala, shopped the auction, or donated time, goods or financial support to help sustain CASDA's services in 2022 and beyond!



# SAVE THE DATE!

CASDA is looking forward to hosting our annual "Socks for Survivors" Golf Scramble in 2022!

Presented by MAC Sport & Marine, the Scramble will take place at Nemadji Golf Course Friday, July 29th (time TBD)

Madison-based musician Kelsey Miles will return this year to close out the event!



More details to come at [www.casda.org](http://www.casda.org) and on CASDA's Facebook page.



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

# CASDA THANKS OUR 2022 MAJOR CORPORATE SPONSORS!



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Ctr Against Sexual & Domestic Abuse (CASDA)

Mailing label here

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Email us at [info@casda.org](mailto:info@casda.org).

