



During my first year as director of HAVEN, I had the opportunity to reflect and really understand the types of work that are necessary in bringing awareness to our community and helping ALL victims of abuse.

HAVEN advocacy has evolved over the years to meet the needs of community members experiencing the negative impacts of generational trauma that result from interpersonal abuse and violence. When people come to HAVEN, individually or with their child(ren), we see trauma coping skills in the adults, but also, we see them being developed within the kids.

Individuals who seek our services are wanting the abuse to stop, though not necessarily always wanting the relationship to end, and we must respect that. We have learned that it is possible for an aggressor to be a survivor of trauma who uses their entitlement to power and control as their coping mechanism. This is not a justification for their abusive behaviors, but one reality of what generational trauma looks like.

In working with our clients, we listen and validate their experiences and also educate them about options, resources and methods of accountability available to them. When clients are able to feel safe enough to be vulnerable regarding their experiences, it allows their healing process to begin, and amplifies their courage to take back their lives.

I continue to hear the saying “we are all in this together” and I remain hopeful that ‘we’ will continue to move forward and open our minds and hearts to new information and understandings. As uncomfortable as it may be to acknowledge, the patterns of intergenerational trauma are very evident in our communities. ‘We’ will continue to grow together by taking the time to listen, engaging in healthy conversations, and supporting one another.

Kim

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it’s the only thing that ever has.” – Margaret Mead

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Mission Statement

HAVEN is a champion to people who have experienced abuse. We provide safety, shelter and assistance to victims and survivors in a free and confidential manner. Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.



BREAKING THE CYCLE

So much of the work to counteract the effects of interpersonal violence is done within the context of “breaking the cycle” and preventing harm to future generations. Through advocacy, the clients of HAVEN (Household Abuse Victims Emergency Network) receive help to define and gain insight into the patterns of abuse which they have experienced. Over time, they become more aware of how this cycle affects their lives and how to recognize the ways in which it repeats. Clients want the abuse in their lives to stop, however individuals differ in how they interpret abuse, what actions they take to cope with it, and how they decide to overcome it. In providing advocacy, we explore options and resources with them, and support their rights to decide their own futures.

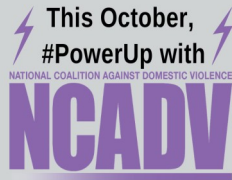
Survivors of interpersonal violence show resiliency, which has given them the capability to persevere and continue functioning even under extreme duress. Clients who have been abused—verbally, psychologically, emotionally, sexually, and/or physically—demonstrate the inner strength which has kept their identities from being totally sabotaged. Think of it this way: the common definition of “identity theft” involves someone falsely using another’s identity, usually for financial gain. Those who perpetrate abuse commit “identity theft” by seeking to rob others of their self-determination and sense of self in order to control and take advantage of them on a very personal level. The ongoing belief patterns centered in keeping power and control feed the cycles of oppression, entitlement, intimidation and violence that mark abuse.

People who have survived abusive relationships or situations have accessed their capacities to both adapt and overcome. Survivors deal with both the abuse plus the resulting effects on themselves and others. They courageously make adaptations that keep them able to function in their lives while oftentimes also providing protection to their children. They show the fortitude to live beyond the intentional harms done to them and find ways to cope with the physical and emotional effects of living with hostility, contempt and danger. But continuously enduring the toxic stress of present or past abuse with little opportunity to regenerate eventually takes an exhausting toll on bodies, minds and spirits. Survivors who have been strong in the face of abuse may find themselves facing physical or emotional health problems. They may also face the judgment of those who have never walked in their shoes. Just as courage leads the journey through abuse, courage leads the way out and the way to recovering identity and autonomy. It also takes courage to deal with the acute or chronic life and health issues often resulting from abuse.

The generational cycle of abuse is well documented. Often both the clients and their abusers have experienced violence as children, or in previous relationships. What causes one to want to “break the cycle” while the need for power and control self-perpetuates in the other? Clients work to try and change their lives for the better, while people who abuse tend to be mired in denial. What is true thrives on freedom. What is forced is ultimately false. That is why those who abuse are so invested in deceptions. It’s also why isolation is very often a component of abuse, as what’s happening in a household, family or relationship is hidden from friends, relatives, and the community.

Since abusive relationships destroy trust and take away basic human rights, survivors need to know they have meaningful support from other people as they take back their own lives. When other people believe survivors, understand their situations, and provide emotional and practical support, they are also taking important roles in “breaking the cycle”.

HAVEN's Halloween Dress Up & #PowerUp Walk



The staff of HAVEN invites everyone to gather for a Halloween Walk on the River Bend Trail beginning at 3:00 PM Saturday, October 31. This will be a family event with children and adults encouraged to wear their costumes. We will assemble outside the Agra Pavilion, and pre-packaged Halloween treats will be provided for all those who participate. Social distancing will be practiced during this outdoor activity.

#PowerUp is the national theme for this year's observance of Domestic Violence Awareness Month during October. It signifies the empowerment of those who overcome the experiences and impacts of domestic abuse in their lives. It also seeks to empower the community to continue their support for the many individuals and families who are affected by it. And it speaks to the true power of authentic interpersonal and family relationships that are free from all abuse and violence.

Those who join in the walk do not have to commit to any specific distance, and are welcome to go however far they choose in either direction on the trail. Dress up in costume, wear your purple for domestic violence awareness, or just 'come as you are' to the River Bend Trail and enjoy a walk with us in the fresh air.

See you on Halloween for Dress Up & #PowerUp!

EVEN ONE PERSON IS TOO MANY...

Every person who HAVEN serves has their own story. Although their life experiences all include interpersonal abuse and violence, each adult and child is an individual on their own journey. For example, when a family is affected by abuse, the impacts on each person, their reactions, and their healing process, are all varied. For some of our clients, domestic violence has been intergenerational, and compounded by other adversities and barriers of life.

When HAVEN shares information about the number of clients for whom we advocate, we ask that you be very aware that each number represents a unique individual, a whole person, a valuable human being with their own identity, experiences, strengths, capacities, and potential.

In 2019, HAVEN served 296 people including 207 women, 11 men, and 78 children. Of those, 86 people stayed in the shelter for at least one night, with the other 210 being community clients. Over the course of the year, HAVEN provided 2,920 nights of shelter, which is the number of people multiplied times the number of nights they spent here. That is an average stay of 34 days.

Geographically, 68% of our 2019 clients were from Lincoln County, 20% were from adjoining counties, 10% were from other Wisconsin counties, and 2% were from outside the state.

To ensure confidentiality, the demographic and statistical information that HAVEN is required to provide to our grantors is reported anonymously. The grantors divide interpersonal violence into three main categories: domestic violence, sexual assault, and dual victimization, which includes individuals who have been impacted by both domestic violence and sexual assault during their lifetimes. Again, we respectfully remember that the categorical labels and numbers represent the real experiences of human beings. In 2019, HAVEN served 87 people for domestic violence, 32 individuals for sexual assault, and 177 clients for both domestic violence and sexual assault. The number of people with dual victimizations has been increasing over the past five years. In 2015, it comprised 33% of our clients. By 2019, the number of individuals was 60% of those for whom we advocated.

Yet even one person is too many.

"We came to America, either ourselves or in the persons of our ancestors, to better the ideals of men, to make them see finer things than they had seen before, to get rid of the things that divide and to make sure of the things that unite."—**Woodrow Wilson**

"It says something about our country that people around the world are willing to leave their homes and leave their families and risk everything to come to America. Their talent and hard work and love of freedom have helped make America the leader of the world. And our generation will ensure that America remains a beacon of liberty and the most hope filled society this world has ever known."
—**George W. Bush**

Myths and Facts About Immigrants and Immigration

Myth #1: Immigrants are overrunning our country, and most are here illegally.

The Facts:

It is true that there are more immigrants living in the U.S. than ever before. However, the percentage of immigrants in the overall population is not much different than many other times throughout our history. Today immigrants make up approximately 13.5% of the total U.S. population. From 1900 to 1930, immigrants made up between 12% and 15% of the population, and similar spikes occurred in the 1850s and 1880s. During those periods immigrants successfully became part of U.S. society, helping to build the thriving and diverse country we have now, and there is no reason to believe today's immigrants will be any different.

More than 60% of immigrants in the United States today have lived here for at least 15 years, and the large majority (76%) of immigrants have lawful status. Of the approximately 43.7 million immigrants in the U.S. in 2016, 20.2 million (approximately 44.7%) were naturalized citizens. Together, lawful permanent residents (sometimes referred to as green card holders), people in the United States on temporary visas including student and work visas, refugees and people seeking asylum, and undocumented immigrants made up the remaining 55.3% of immigrants.

In 2016, there were 10.7 million undocumented immigrants living in the U.S., or less than 3.5% of the nation's population. This represents a significant decrease (13%) from the 12.2 million undocumented immigrants in the U.S. in 2007, and is the lowest total since 2004.

Myth #2: Immigrants bring crime and violence to our cities and towns.

The Facts:

Recently, public figures have claimed that immigrants are "killers" and "rapists," bringing crime to the U.S. Study after study has shown, however, that immigrants—regardless of where they are from, what immigration status they hold, and how much education they have completed—are less likely than native-born citizens to commit crimes or become incarcerated. According to the U.S. Chamber of Commerce, while the overall percentage of immigrants and the number of undocumented immigrants in the U.S. both increased sharply between 1990 and 2010, the violent crime rate in the U.S. during that time plummeted 45% and the property crime rate dropped by 42%. Studies have consistently found that immigrants are less likely to be incarcerated than native-born Americans and that there is a negative correlation between levels of immigration and crime rates. Other studies have in fact found that crime rates are lowest in states with the highest immigration growth rates, and that states with larger shares of undocumented immigrants tend to have lower crime rates than states with smaller shares.

Myth #3: Immigrants hurt our country financially by taking jobs and services without paying taxes.

The Facts:

Though some people claim that immigrants are taking job opportunities away from people born in the U.S., immigrants actually help to create new jobs. In addition to buying U.S. and local products, which helps create jobs, immigrants often start their own businesses.

In fact, immigrants are twice as likely to start businesses as citizens born in the U.S., and companies owned by immigrants are more likely to hire employees than companies owned by native-born citizens. States with large numbers of immigrants report lower unemployment rates for everyone. Immigrants collectively pay between \$90 and \$140 billion each year in taxes, and a recent study found that undocumented immigrants alone pay approximately \$11.64 billion in taxes each year. Moreover, undocumented immigrants nationwide pay an estimated 8% of their income in state and local taxes (their effective state and local tax rate), which is higher than the effective tax rate of the top 1% of all taxpayers in the U.S.

Everyone pays sales taxes on goods they purchase and property taxes on the homes they buy or rent, and more than half of all undocumented immigrant households file income tax returns using Individual Tax Identification Numbers.

Myth #4: Immigrants are coming to the U.S. to obtain welfare and other benefits.

The Facts:

Most immigrants who come to this country work hard to take care of their families and themselves. Many studies have shown that on average immigrants pay more in taxes than they receive in benefits, meaning the taxes they pay more than cover the cost of things like public education and healthcare. With very few exceptions (such as access to medical care for victims of human trafficking), undocumented immigrants are not eligible for federal public benefits such as Social Security, Medicaid, Medicare and food stamps. In addition, most immigrants with lawful status are not entitled to these benefits until they have been in the country for five years or longer. This means that Social Security is often being deducted from immigrants' paychecks but they cannot access those benefits. According to a 2018 study by the CATO Institute, eligible immigrants use 27% fewer benefits relative to U.S. natives of similar incomes and ages.

Myth #5: Immigrants are coming to the U.S. with the express purpose of having babies here.

The Facts:

The Fourteenth Amendment to the U.S. Constitution says that "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the state wherein they reside." People commonly refer to this right as "birthright citizenship." Some claim that undocumented immigrants come to the U.S. to take advantage of this right. Research consistently shows, however, that the vast majority of immigrants (both with lawful status and those who are undocumented) come to the U.S. for economic opportunity or to flee violence or poverty in their birth countries. Immigration trends—both over the last few decades and throughout history—show that immigration increases when the U.S. economy is booming and it decreases when the U.S. economy is doing less well, supporting the findings that people come for economic opportunity. If people were coming to the U.S. with the express purpose of having children here, we would expect to see at least the same number of women as men. There are many more young immigrant men coming to the U.S., however, than young women.

Under U.S. law, U.S. citizens cannot petition for a green card for a foreign parent until they turn 21. In the meantime, the parent would have to live as an undocumented immigrant, often in very difficult conditions. When asked why they come to the U.S., undocumented immigrants consistently cite other reasons for migrating, not the desire to have a baby here.

Myth #6: All undocumented immigrants sneak across the Mexican border.

The Facts:

Although many people commonly think of undocumented immigrants as people who have snuck across the Mexican border, current estimates suggest that somewhere between one third and one half of undocumented immigrants in the U.S. have overstayed their visitor, student or work visas. That means that they entered the U.S. with lawful documentation and only later became undocumented.

Source: Anti-Defamation League (ADL.org)

Domestic Violence and Children

Domestic Violence is traumatic for children. It is estimated that around 10 million children witness violence in their family every year. This number does not include all of the children who are victims of abuse in their homes.

How does trauma affect children?

The brain develops by forming connections. Interactions with caregivers are critical to brain development and the more an experience is repeated, the stronger the connections become. When children witness violence in their homes, those connections are being built and strengthened. When violence is witnessed, stress hormones flood the brain and this trauma derails development.

How do I help my children who have experienced trauma or who have witnessed violence in our home?

People who have experienced trauma can learn new ways of thinking and responding! Positive interactions can help form new connections in the brain, however using those new connections TAKES TIME.

Ways you can help

- ◆ Understand the child's definition of love and safety
- ◆ Be emotionally and physically available
- ◆ Understand and respond to the child's needs
- ◆ Provide guidance and lead by example
- ◆ Provide opportunities to safely explore the world

Contact Casey, Youth and Family Advocate, for more information about building relationships with children who have experienced trauma.

HAVEN WELCOMES TWO NEW ADVOCATES

- * Connie Russell, our new Volunteer and Events Coordinator. As a retired teacher from Merrill Area Public Schools, she knows that it takes a village to strengthen families and achieve community goals. The importance of HAVEN in our community is that we offer a safe place to help and provide services that directly influence our clients in a positive and productive way. HAVEN's volunteers are a huge asset to our community that go above and beyond to provide services and directly influence families. If you are looking to give your time and abilities to help those in need, please call Connie at 715-536-1300 or email connie@haveninc.org. She looks forward to hearing from you!
- * Emily Vehrs, the new Sexual Assault Advocate at HAVEN is looking forward to shaping the work she does at HAVEN with intersectionality and challenging barriers of systematic oppression in mind. Being trauma informed, she recognizes how challenging the current state of the world has been on the community. Between COVID-19, the civil uprising, the struggling economy, general anxiety around election season and e-learning, there is so much around us to worry about. She wants to take the much needed time to recognize the survivors that don't see themselves as such. Surviving is no small feat and it takes courage to continue on. She also wants to stress the power of feeling your emotions and experiencing bouts of joy as an act of rebellion when times are tough. When not in the office, Emily enjoys doing creative projects and spending quality time with loved ones. She hopes to bring education to the community, end the stigma around painful experiences and taboo subjects, and be a sense of support for those who need it. New to the area, she also looks forward to getting to know the community and all the strengths in the members that are a part of it.

Adopt-a-Room

Thanks to the generous donations and contributions from our community, HAVEN was able to update our look and create a more welcoming environment for our shelter guests. With a total of \$7,540, all of the shelter rooms have received new flooring, paint, and furniture. We were also able to refresh our teen and children's rooms in our communal areas. A special thanks goes out to our room donors:



Sierra Pacific Foundation
Karen Karow
Patrick Moreland
Paulette Robinson
Eileen and Larry Guthrie
John and Bonnie Wilmot
Anonymous



**“THIS IS THE MIRACLE
THAT HAPPENS EVERY TIME
TO THOSE WHO REALLY
LOVE; THE MORE THEY
GIVE, THE MORE THEY
POSSESS.”**

—Rainer Maria Rilke

Thank you for your generous donations to HAVEN. We are thrilled to have your support. Through your donation we have been able to help our clients and continue working towards ending violence. You truly make the difference for us, and we are extremely grateful!

Ann Huntoon
Anonymous
Arthur Lersch
Ashley Miller
Bob and Patti Ricci
Brandon Hanson
Casey Hanson
Christine
Cole West-Hanson
David and Carol Finanger
Deb Engel
Donald and Candice Fechtner
Donald and Sally Hostvedt
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Rebecca Mackin
Richard and Jean Olson
Ruth Jaeger
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Sharon Schmidt
Tammy Degner
Toni Mahn
Vanessa Bowser
Zahringer

AGRA Industries
Ascension Hospital
Bible First Presbyterian Church
Farmers Market-Fundraiser
Incredible Bank
TB Scott Library
Lincoln County Health Department
MAPS
Merrill Enrichment Center
Merrill Housing Authority
New Testament Church
North Woods Tractor
Packaging Corporation of America
Project Lines
Tall Pines Community Garden
United Way of Metropolitan Chicago



BE THE ONE WHO MAKES A DIFFERENCE!

As a non-profit agency, volunteers make it possible to widen HAVEN's impact beyond our budget constraints and make a difference in our community!

Volunteers are important to HAVEN CLIENTS by:

- ♥ Doing fundraising
- ♥ Doing lawn care
- ♥ Doing housekeeping
- ♥ Doing carpentry
- ♥ Organizing donations
- ♥ Creating public awareness
- ♥ Transporting clients
- ♥ Doing child care
- ♥ Assisting in group activities

Volunteering at HAVEN is Important to YOURSELF by:

- ♥ Helping those in need
- ♥ Bringing fun to self and others
- ♥ Bringing fulfillment to self and others
- ♥ Giving of your time
- ♥ Giving of your talents
- ♥ Giving of your abilities
- ♥ Meeting new people

Volunteers are a huge asset to HAVEN! That is why HAVEN needs YOU!

If you are interested in becoming a HAVEN volunteer, please contact **Connie Russell, Volunteer and Events Coordinator at 715-536-1300 or email connie@haveninc.org.**

We look forward to hearing from you!

There is enormous power in giving to others with no expectation of receiving anything in return. Practiced givers understand this and give almost instinctually of time, talent, and treasure. When you witness someone who truly gives from the heart, it is truly something to experience.



BATH & BODY

Kleenex
Toilet Paper
Hand Sanitizer
Disinfecting Wipes
Hair Products for African-Americans

MISCELLANEOUS

Women's Sports Bras (New)
Undergarments (New)
Sweat Pants (New)
Sweat Shirts (New)

Merrill-Go-Round Bus Tokens
Grocery Gift Cards
Walmart Gift Cards

HAVEN'S WISH LIST

Contact Connie at 715-536-1300

KITCHEN

Tin Foil
Styrofoam Cups
Napkins
Paper Cups
Plastic Spoons, Forks, Knives
Paper Towels

OFFICE SUPPLIES

Stamps
Thank You Note



Donations can be dropped off at HAVEN, 1106 E 8th St., Merrill, WI 54452, during business hours.

Please be considerate when donating items. We cannot accept non-usable, broken, ripped or dirty items.

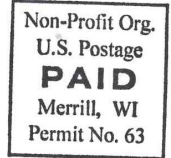
Unfortunately, the cost it takes to dispose of these items reduces revenue available for programs and services. Storage is limited; calling first is greatly appreciated.

Thank you!



HAVEN can email you the newsletter. If you are interested, please call 715-536-1300 and an advocate can assist you!

HAVEN Inc.
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Phone: 715-536-1300
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HAVEN Staff
Executive Director: Kim
Finance Officer: Deanna
Volunteer and Event Coordinator: Connie
Youth and Family Advocate: Casey
Sexual Assault Advocate: Emily
Community Educator: Nancy
Bilingual Advocate : Esther
Bilingual Advocate : Myriam

Shelter Advocates :
Amy B. ▪ Brianna ▪ Sara
▪ Amy K. ▪ Dawn ▪ Deb ▪ Amanda

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Dawn Ives, President
Linda Schmidt, Vice-President
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Pete Borchardt
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MAKE A CONTRIBUTION TO HAVEN

I would like to make a contribution towards the work of HAVEN in assisting survivors to feel safe and confident for a stronger Lincoln County

\$10 _____ \$25 _____ \$50 _____ \$100 _____ \$250 _____ Other _____

Please send me the newsletter by e-mail. E-mail address is:

Address Change (Please fill in below)

Please remove my name from the HAVEN mailing list

NAME:

ADDRESS:

