



The Realities of Domestic Abuse

End Domestic Abuse Wisconsin has just released the annual report of domestic violence deaths in Wisconsin, compiled for the year of 2020: 68 people are known to have died. That toll includes eight male perpetrators who ended their lives by suicide after taking the lives of others. Two other male perpetrators died during intervention by law enforcement. Two incidents of lives lost were determined to be self-defense in which males were killed by the females they were targeting. Three other female perpetrators were criminally charged. Of the 56 remaining homicides, 45 of those murdered were adults and 11 were children. All of the children were killed by male perpetrators, and over 90% of the total deaths were caused by male perpetrators.

You can read the stories of those who died in our state last year, along with a comprehensive and moving article about the work of the Missing and Murdered Indigenous Women Task Force of Wisconsin (MMIW) through this link:

<https://edaw-webinars.s3.us-east-2.amazonaws.com/wp-content/uploads/2021/09/22120937/2020-End-Domestic-Abuse-WI-Annual-Domestic-Violence-Homicide-Report.pdf>

The murder of Hannah Miller in Rhinelander in June, and the recent case of Gabby Petito indicate that when risks are known or observed, the dangers must be accurately assessed and acknowledged. If you want to understand the realities of domestic abuse, there is credible, first hand, and well-researched information available. Two of those sources are writers and speakers who have spent years working with men convicted of domestic abuse crimes and they have become active on the national level in seeking to educate and reform the systems that often do not provide adequate protection for those who are impacted. Lundy Bancroft's first book, *"Why Does He Do That?"*, details descriptions and examples of the mindset and tactics of abusers, explaining and revealing how they operate. Bancroft has authored further books, and has articles on his website, including how to evaluate the risks to children. <https://lundybancroft.com/articles/>

You can go to the website of Barry Goldstein for information on family court reform and why it is so needed.

<https://barrygoldstein.net/articles> Here is an article in which Goldstein identifies many of the practices that fail to protect children, and proposes changes. <https://barrygoldstein.net/articles/gaslighting-in-the-court>

Abusers tell their targets that no one will believe them. Abusers count on being able to fool people with their duplicity. Lundy Bancroft says that those who remain neutral when abuse is revealed are enabling the abusers, and he writes, "Anyone who chooses to quietly look the other way therefore unwittingly becomes the abuser's ally."

Nancy Baacke



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.

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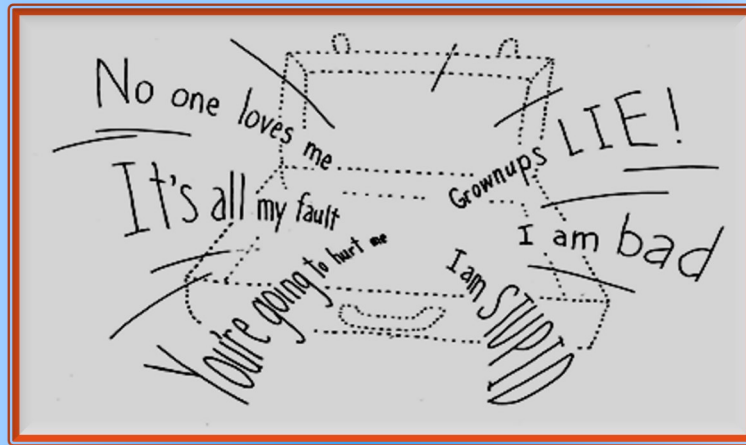
Edited by Esther Schulz

How Trauma Affects Child Development and Behavior

Trauma can affect the development of children's brains. In the process, trauma also shapes children's beliefs and expectations about: Themselves, the adults who care for them, and the world in general.

Many who survived trauma have learned to expect and believe the worst about themselves and about the people who care for them.

These beliefs and expectations are like an **"Invisible Suitcase"** that children carry with them from living environment to living environment, from school to school, and from childhood into adulthood.



When we remove a "negative" belief from a child's suitcase, we create space in the suitcase, and we can "repack" the suitcase with positive beliefs. For example, for the belief, "I am alone," we could help the child repack this with experiences of being known, seen, appreciated, loved and that "people care and will be there when I need them."

When we protect them from harm. . .

. . . children learn that the world is safe.

When we support and respond to them. . .

. . . children learn that they are capable.

When we care for and nurture . . .

. . . children learn that they are worthy of care.

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos."

— L.R. Knost

SO WHY IS DOMESTIC VIOLENCE PREVALENT AMONG LATINX?

Domestic violence reaches every corner of our society; it does not discriminate based on an individual's age, background, or ethnicity. Due to the indiscriminate nature of domestic violence, we are faced with additional challenges in finding ways to meet the needs of our clients from diverse cultural backgrounds. Our advocates assist our clients who have different values, lifestyles, and cultures, without imposing their own beliefs or desires on them.

There is a great variation within the Latinx population and the ethnonym Latinx describes a wide-range of different groups including Mexican, Cuban, Puerto Rican, and South and Central American. These different groups share some commonalities such as language, family importance, and acculturation issues. Latinx women face unique challenges in coping with domestic violence.

Not everyone finds that light at the end of the tunnel, though. Several social and cultural barriers exist for the abused Latinx community, including social isolation, language barriers, discrimination, fear of deportation, dedication to family, shame, and cultural stigma of divorce, as well as a general unawareness, being some of the factors that prevent Latinx victims from reporting abuse or seeking help.

For many individuals, spiritual/religious beliefs are a source of strength and it is advisable to explore the extent of a client's religious involvement historically as well as in the present. Spiritual beliefs may serve as a source of resilience and aid coping in Latinx survivors, however, at times certain spiritual beliefs can also create vulnerabilities.

It's part of the culture, as some survivors say: "Whatever happens in your house stays in your house." "You don't disclose that information to anyone." "You don't want anyone else knowing your business."

Latinx survivors get threatened, especially if the spouse is a permanent resident or U.S. citizen. That's what we hear a lot from clients. "He threatened me with keeping the kids and not being able to see them anymore," or, "He was going to call the police on me, and I was going to get deported."

Also, a lack of education on the topic not only directly affects the victim, but generations to come. It hurts the one that is facing the abuse, but it also passes onto the kids, because they're witnessing that (abuse), and as they grow, they see it as a normal thing.

Through outreach presentations on immigration and other topics we were able to provide information about HAVEN's bilingual services to the Latinx victims and survivors of abuse in Lincoln County and surrounding areas. We offer direct services to community clients, and temporary shelter to those who need it. We also connect and refer them to other resources in the community.

Any information that's disclosed to us, we keep with a very high level of confidentiality. They can call and talk to us just when they're overwhelmed with their situations and don't even know what they need, and we kind of break it down and help them figure out what kind of resources they might be able to access in the community.

Many times, the survivors realize it's not simple to recover, but they still put in the effort with a positive attitude. Hope, is the key to moving forward.

If you know someone who is experiencing abuse and identifies as a Latino/Hispanic, please refer them to us. Our bilingual advocates will provide them with support and connect them to resources, or just talk to help answer questions, (Hablamos Español) Our bilingual advocates can be reached at 715-536-1300, or by emailing esther@haveninc.org or myriam@haveninc.org

THANK YOU!!!!

We want to thank everyone who attended our 2021 Kick-Off Celebration of the Hispanic Heritage Month at Normal Park in Merrill. This year's event featured a FOOD FEST, delicious authentic food from Latin America.

What would a fiesta have been without music?

Special thanks to the Mariachi Band from Lincoln High School in Wisconsin Rapids for performing at our event.

También queremos dar un agradecimiento especial a las cocineras/os que prepararon los deliciosos platos tradicionales y a todos los vendedores que hicieron de esta fiesta todo éxito.



“A Dream of a Dog”

As there is more discussion and acceptance of alternate forms of treatment for trauma and mental illness, I would like to share the story of how my dog, Dreamer, saved me after years of being overmedicated. To give a little background, I suffered through physical and sexual abuse throughout my childhood years which led to later diagnoses of Post-Traumatic Stress Disorder (PTSD) and Attachment Disorder as an adult. For years things were fine, and I did not feel overwhelmed by my past trauma, possibly in part because I moved halfway across the country from my abusers and felt safe. In December 1994, I returned to the area where I grew up and began experiencing trauma memories in the form of flashbacks and body memories. A good way to explain a body memory is to compare it to a flashback, however, flashbacks are generally considered to be more of a mental/cognitive experience while body memories are feelings remembered by the body brought forth to the present and re-experienced.

In attempting to seek help to overcome these experiences, I met with several doctors, psychiatrists, and therapists, all of whom stated I needed to be medicated and began prescribing differing medications to deal with all the associated symptoms of PTSD, such as anxiety and depression. There were times where the medications were changed without discussion and I was expected to follow the treatment directives without question or fuss. As a result, I ended up feeling drugged and became overweight, which led to additional problems such as sleep apnea, which required the use of a CPAP machine. Due to these experiences, I lost trust in the medical and mental health treatment community and now am trying to be more in control of my treatment plans.

About seven years ago, I adopted my dog, a yellow lab puppy who was originally named Teigen, and then going through a few more names before there was an experience one day, where my cat jumped on the dog's head and walked down its back, while the dog didn't move and allowed it to happen. This caused me to think “This is a dream of a dog” and determined her current, and final, name - Dreamer. Dreamer is allowed to sleep with me at night, and when I would experience these horrible flashbacks, which made my body fight out in the night, Dreamer would lay on me, and somehow, over the course of two years, she took those memories away so that I no longer have them. She healed me, as I have not re-experienced those flashbacks since that time. An added bonus is that since those memories went away, I am experiencing less symptoms of my diagnoses and feel more comfortable managing my care with little to no medication.

I would encourage those who are continuing to struggle even while medicated, or who are looking for an alternate way to work through their flashbacks and trauma memories to consider seeking out an animal friend who can be a support in ways that are too many to be counted. There has been much research to support that while my experience may be unique, animals have been shown to provide therapeutic benefits to others. Although I am a little biased towards yellow labs, I believe a relationship with any animal can be beneficial.

Written by Tina Koenig, Copyright 2021



HAVEN can email you the newsletter:
If you are interested, please call
715-536-1300
or email esther@haveninc.org

You can also find a PDF version of our newsletters at
<http://www.haveninc.org/>



Why is it So Difficult for Someone to Leave an Abusive Relationship?

Finances– Life is expensive and it's really difficult to thrive if there is little to no money accessible.

Fear–Physical or emotional retaliation for trying to leave the abuser.

Children– Threats to obtain custody/placement of the kids. Or child(ren) pleading for the abusive parent to stay. Or the idea that both parents need to be in the home.

Lack of Support– Isolation has hindered the ability to network with healthy minded people.

Family Pressure– Family and friends see the abuser as a 'good person' and upstanding member of the community.

Culture– From the beginning of time, approval toward domination against women continues to approve abuse.

Religion– 'Preserving the family' at all costs can be detrimental toward the survivors.

Guilt– The survivor may feel that they have not done enough to prevent violence. The abuser consistently blames the survivor for their (the abuser's) harmful behavior, causing the survivor to believe it is their fault.

Shame/Embarrassment– The survivor believes the abuse is their fault and they should have done more to prevent it and is too ashamed to tell anyone.

Only life they Know– The survivor is so traumatized by the continual abuse that they cannot conceive a life without the abuser.

Denial– The survivor and the abuser may both deny that anything is 'wrong' and that they were just "having some problems" or "they were just having a bad day".

Love– The survivor may feel that they still love their partner.

Advocates listen to abusive experiences and focus on safety planning since many times, the survivor chooses to stay in the relationship but wants the abuse to stop. We, as a society, fail to candidly discuss domestic violence since "it's none of my business" or victim-blaming kicks in as [they] had to have done something to deserve it. Survivors who have experienced years of abuse from their partner typically are isolated from others and have little to no self-confidence in their ability to leave the relationship. If someone comes to you with their vulnerability and it is met with disbelief or minimized, they may never trust anyone to openly speak out against the abuse and remain silent in the violent relationship.

This year, the National Network to End Domestic Violence (NNEDV) is launching the #Every1KnowsSome1 campaign, because with 1 in 4 women and 1 in 7 men experiencing domestic violence, it is likely that everyone knows someone who has been impacted by interpersonal abusive.

"The first problem for all of us, men and women, is not to learn, but to unlearn." Gloria Steinem

Possum Spirit

I watched your anger glare through me; terrified that I would die by your hands.

Survival instincts came alive within me and I played dead.

You had a moment of clarity. I could feel your grip around my neck release after I closed my eyes and went limp.

There was fear and shame in your voice as you screamed my name. Shaking me, in the assumed efforts, of 'waking me up'.

I stay still. You smacked my face and I began to cry.

We hugged and never spoke of it again.

survivor experience

HAVEN'S WISH LIST

Contact HAVEN at
715-536-1300

Donations can be dropped off
at HAVEN,
1106 E 8th St, Merrill, WI
54452,
during business hours,
Monday - Friday
8:00AM - 4:30 PM

- ☺ Dishwasher detergent
- ☺ Tall kitchen bags
- ☺ Tin foil
- ☺ Toilet bowl cleaner

Thank you!

Domestic Violence in the LGBTQ+ Community

National Coming Out Day is observed each year on October 11th. It is an annual LGBTQ+ (lesbian, gay, bisexual, transgender, queer) awareness day in support of people “coming out of the closet”.

Because of how we’re socialized, we typically assume others to be both heterosexual (i.e. straight) and cisgender (meaning that an individual’s sex assigned at birth aligns with their own personal sense of gender identity). With straight and cisgender being seen as the default, individuals who identify differently are continuously met with the need to decide whether or not they want to disclose their identity to the people around them while taking into consideration the range of possible reactions that they might have.

Unfortunately, coming out doesn’t always have a positive outcome. If a relationship is already strained, coming out has the potential to further damage or even destroy a relationship entirely. In contrast, when they have people in their lives who are supportive, the relationships that they have with those people will usually become much stronger. If someone you know comes out to you as LGBTQ+, your acceptance can be vital to their safety and well-being. When the people in their lives are unsupportive of their identities, it’s not uncommon for it to contribute to low self-esteem, difficulty in identifying unhealthy relationship behaviors, cause them to feel overwhelming isolation, and lead to lifelong struggles with mental health.

While you may not always feel ready to fully embrace someone’s identity, it is still important that you are able to express love and support towards them even if you feel that time will be needed for you to adjust in order to be more accepting moving forward. Giving support and affirming the identity of someone who came out to you can help them significantly in developing a strong sense of self-worth, aid in their ability to face future challenges, and assist in maintaining healthy relationships throughout their lifetime.

HAVEN is committed to supporting LGBTQ+ individuals throughout our community. If you or someone you know identifies as LGBTQ+ and could use help navigating unhealthy or abusive relationships, get connected to educational resources, or just talk with somebody to help answer questions, our LGBTQ+ Advocate can be reached at 715-536-1300 or brianna@haveninc.org



Volunteer Opportunities

- ☀ **Shelter Maintenance**
Job duties include any of the following: repairs, general cleaning, painting, etc.
- ☀ **Child Care/Child Activities**
Come to the shelter and read a book or do any activity with the kids. Full volunteer training will be provided.
- ☀ **Transportation**
Transport clients to various appointments when needed, and/or transport clients to the shelter (may include various locations in the area). Must have a valid driver's license, and liability insurance.
- ☀ **Auto Mechanic**
Evaluate automobile problems and/or service automobiles. May include oil changes, tune-ups, etc.
- ☀ **Fundraising**
Plan and organize events to raise money and/or items for HAVEN.

We welcome all individuals to apply as volunteers who are committed to our cause. Volunteer opportunities can range from short-term to long-term, and locally or remotely.

If you are interested in becoming a HAVEN volunteer, please contact HAVEN at **715-536-1300** or email kim@haveninc.org

We look forward to hearing from you!

Trauma and Fear You Don't Own Me

Tense from Terror;

You don't own me, on the flipside, a teacher of flexibility flow and yielding

Repelling;

You don't own me, a teacher of invitation, Love and magnetism

Anxious;

You don't own me, anxious invites me to confidence, trust, peace and reassurance

Unorganized;

You don't own me, on the flipside, helping me grow in direction preparation, understanding systems and organization

Manipulation;

You don't own me, causing me Mastery, Steadfast strength for my soul, wholeness and tenacity

Alone;

You don't own me, cherishing connection, feeling held; bonding

Fragmentation

You don't own me, on the flipside thank you for causing me focus, feeling collected and centered are leading

Feeling EXPOSED and humiliated;

You don't own me, causing me to choose myself daily, feeling safe, loved, honored, favored and esteemed

Avoiding;

You don't own me, engaging in meeting the challenge, participating and boldly creating my joyful life

Restriction;

You don't own me, learning relaxation, I'm letting go, Letting my body breathe me.

Finding independence while choosing connection. On the flipside, A SURVIVOR, A WARRIOR GODDESS of gentle strength. Blowing you kisses and love winks in the wind.

Sending a prayer for your peace. Offering healing toward the searching. Trauma and fear you don't own me, on the flipside, I am a SURVIVOR.

Poem Written by Denise Lynn, Copyright 2021.

C	E	V	O	L	F	L	E	S	B	G	E
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EMPOWERED

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SHELTER

CHALLENGING

HEALING

RELATIONSHIP

SURVIVOR

COURAGEOUS

HOPEFUL

RESILIENT

THOUGHTFUL

DETERMINED

JUSTICE

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UNIQUE

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Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. between 6/17/2021 to 8/31/2021. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.



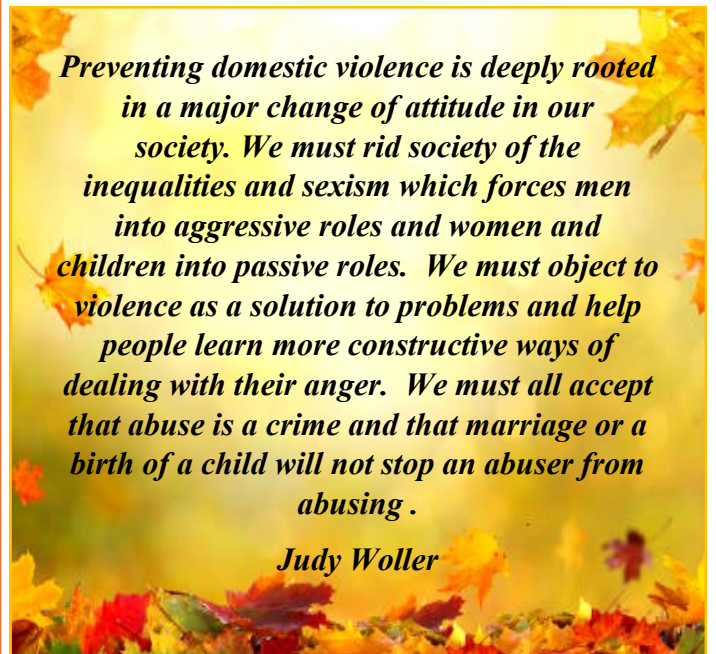
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Preventing domestic violence is deeply rooted in a major change of attitude in our society. We must rid society of the inequalities and sexism which forces men into aggressive roles and women and children into passive roles. We must object to violence as a solution to problems and help people learn more constructive ways of dealing with their anger. We must all accept that abuse is a crime and that marriage or a birth of a child will not stop an abuser from abusing .

Judy Woller



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