



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.

2021 DOMESTIC VIOLENCE HOMICIDE DATA

According to a newly released report, **80 people in Wisconsin lost their lives to domestic violence (DV) in 2021** – 12 more deaths than the previous year. End Abuse Wisconsin Executive Director Monique Minkens announced the release of the annual Domestic Violence Homicide Report alongside Homicide Prevention Program Director Sara Krall, Systems Change Coordinator Tegan Swanson, and Co-Director of Prevention & Engagement Jenna Gormal.

In 2021, DV homicides took place in **21 WI counties**, with a rate of **1 death every 4.5 days**. Of those who died, **65** were homicide victims – up from 58 in 2020 – and **11** were perpetrators of homicide who died by suicide – up from 8 in 2020. **Over half (52%)** of victims were the perpetrator's current or former intimate partner.

The report includes case summaries for every domestic violence death in the state, listed according to county. This year, the known lethality factors present in each of the cases are shown in bold print to emphasize where risks were greater for lethal violence to occur.

“We hear about homicides in the media,” said End Abuse Wisconsin Executive Director Monique Minkens, “but there are many survivors experiencing extreme levels of violence that can lead up to homicide, whose lives and safety can be preserved today. Our action or inaction can mean the difference between life and death for our neighbors, family, and community members. We need to involve the entire community, as we all have a part to play.”

You can access the full report at this link:

https://edaw-webinars.s3.us-east-2.amazonaws.com/wp-content/uploads/2022/09/27162158/2021-WI-DV-Homicide-Report_Final_09.27.22.pdf

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Edited by Esther Schulz

OCTOBER is
Domestic Violence
 AWARENESS
 MONTH

 A purple awareness ribbon is positioned to the right of the text, partially overlapping the word "MONTH".

SELF-HELP FOR MEN

who are recognizing their abuse and wanting to change

Cycles repeat until one person has the courage to say, “This stops with me.”

[*She is Not Your Rehab*](#) demonstrates the power of vulnerability and honesty in addressing pain and shame, and shows how anyone can empower themselves by taking responsibility for their own healing.

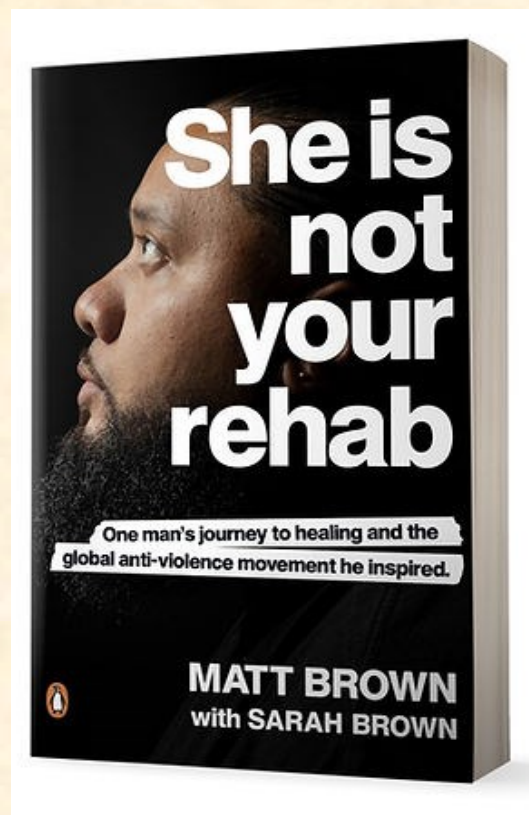
Excerpt from Chapter 14: She is not yours to control

You can be abusive and never hit her. You can be abusive and never physically leave a mark. Abuse is far more than just physical violence. It can also be attempting to control another grown adult by manipulating them, making them feel scared or guilty or by blackmailing them into getting what you want. None of this is acceptable. It is abusive and creating an unequal power dynamic in the relationship. In some parts of the world like England and Wales, these forms of abuse are illegal but in other parts of the world, such behavior is condoned and even built into legislation. Women and children become shackles of the husband and father. They have no say in their lives, at all. Is this what you want your relationship to be? If you are not in a reciprocal relationship of mutual trust and respect, where both partners feel they are freely able to live without fear of safety and well-being, then it is not a relationship. One of you is a prisoner and the other is a jailer.

– Matt Brown

Available on [Amazon](#)
Available on [Audible](#)

She is not your rehab
 She is not your mother
 She is not your absent father
 She is not your shame
 She is not your trauma
 She is not your savior
 She is not your ex
 She is not auditioning for you
 She is not your porn star
 She is not your prison
 She is not your lifeline
 She is not your hired help
 She is not your punching bag
 She is not yours to control
 She is not your doormat
 She is not your competition
 She is not your bank account
 She is not your quick fix
 She is not your trophy
 She is not your grief
 She is not your excuse



Holding Onto Your Truth

Gaslighting is a term referring to the psychological abuse perpetrated when abusers seek to exert power and control over the reality of those they target. In the words of domestic violence expert, advocate, and author, Lundy Bancroft, “Your abusive partner wants to deny your experience. He wants to pluck your view of reality out of your head and replace it with his.”

The tactics used in gaslighting include lies (both insidious and “whoppers”), denial, attacks to your identity (sense of self), contradiction, confusion, distortion, manipulation, mind games, projection, brainwashing, and trying to undermine your relationships with your children, other family, friends, employers, coworkers, etc., to also replace their realities with doubts and negativity toward you.

*“I can create whatever scene I need to,
spin whatever web.”*

Quote from an Abuser

Survivors often have difficulty explaining these types of twisted tactics when they attempt to confide how their abuser manipulates people and situations. Having an understanding of psychological abuse and gaslighting can help us identify with what survivors have experienced, and apply discernment and skepticism to the words and actions of those who abuse.

Lundy Bancroft gained his insights into how abusers manipulate through his many years of facilitating group intervention programs for abusive men, and has over thirty years of experience advocating for survivors. Here are more perspectives quoted from his first book, “Why Does He Do That?” (2005), which is considered to be a landmark descriptor of gender-based interpersonal abuse.

“Abusers are far more conscious of what they are doing than they appear to be.”

“Abusers thrive on creating confusion, including confusion about the abuse itself.”

“The lens of entitlement the abuser holds over his eye stands everything on its head, like the reflection in a spoon.”

“When I challenge my clients to stop bullying their partners, they twist my words around just as they do their partners’. They accuse me of having said things that have little connection to my actual words.”

“One of the most frequent complaints I get from abused women is that their partners lie repeatedly, a form of psychological abuse that in itself can be highly destructive over time.”

(Partners ask) “After an incident, it seems like he really believes the abuse didn’t happen. Is he consciously lying?” “The answer in most cases is yes. Most abusers do not have severe memory problems. He probably remembers exactly what he did, especially when only a short time has passed. He denies his actions to close off discussion because he doesn’t want to answer for what he did . . .”

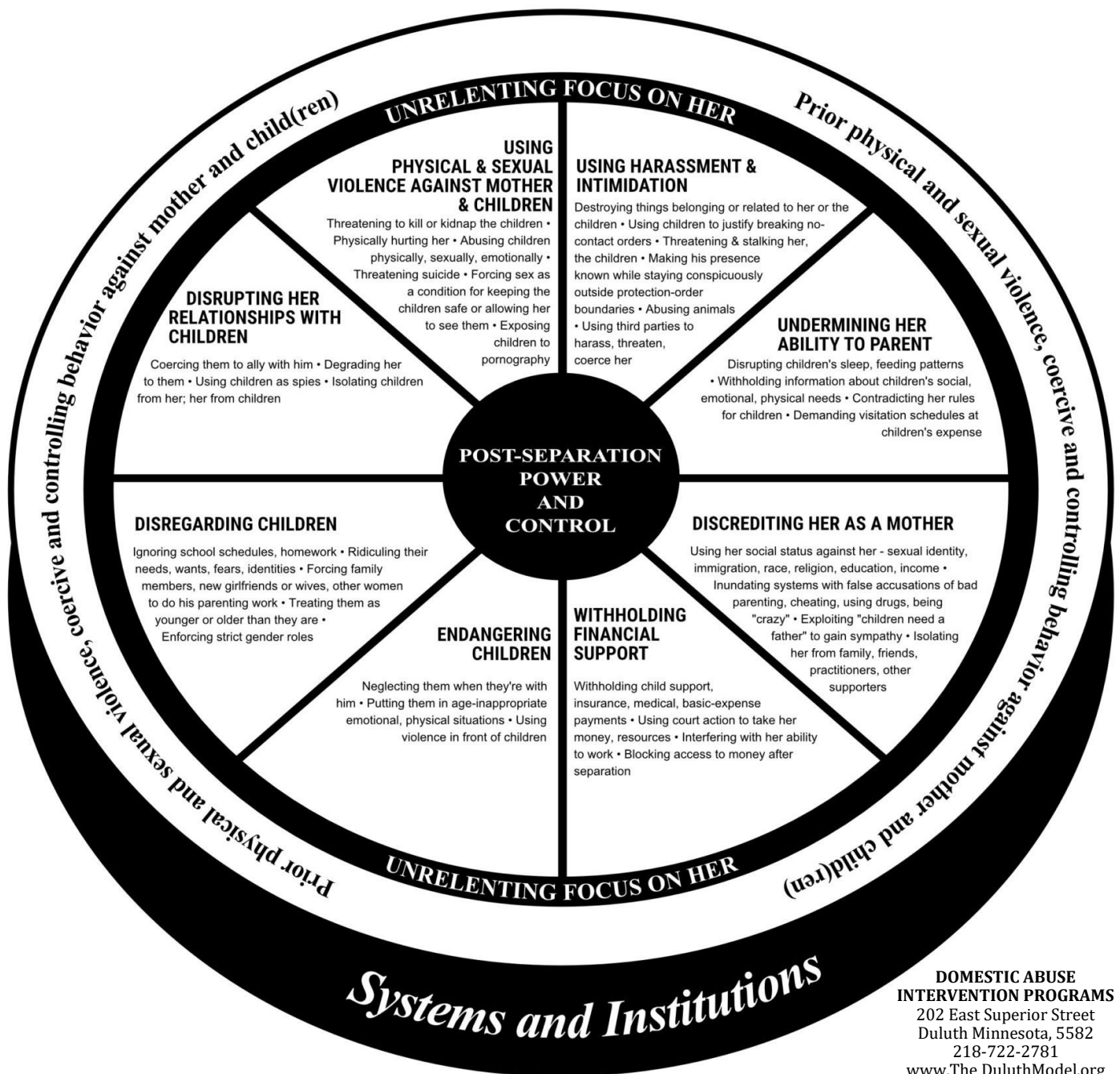
Gaslighting is a form of psychological manipulation in which the abuser attempts to sow self-doubt and confusion in their victim’s mind. Typically, gaslighters are seeking to gain power and control over the other person, by distorting reality and forcing them to question their own judgment and intuition.

The term “gaslighting” comes from the 1938 play *Angel Street*, which Alfred Hitchcock later adapted into the film *Gaslight*, in which a man tries to convince his wife that she is going insane so he can steal from her. When he turns on the lights in the attic to search for her jewelry collection, and the gas lights dim downstairs, he tells her it’s all in her imagination. Gradually she begins to question her own memories and perceptions.

**If you or someone you know has been impacted by domestic violence you are not alone.
HAVEN provides free & confidential advocacy, 24 hours a day, 7 days a week. To contact a
HAVEN advocate call 715-536-1300**

POST SEPARATION ABUSE

One of the myths about interpersonal violence is that when someone separates from an abusive person, it consequently brings an end to the abuse. The reality is that when those who are targeted distance themselves, abuse commonly intensifies as the perpetrator seeks to re-establish control over them. Abusers will change their methods of harm with the circumstances, transitioning to patterns of “post separation abuse” which have long-term and far reaching impacts on both adult and child survivors. Those who abuse are highly manipulative and usually covert. Because they believe they are entitled to hurt others to benefit themselves, perpetrators will continue to act against the best interest of their children. A person who chooses to abuse their current or former spouse or partner without regard of the toxic effects on any child(ren) involved, has already disqualified themselves as a safe or responsible parent. It is a misconception that someone who is abusive to their adult partner(s) is not also a significant risk to their children. The bullying tactics used by an abusive parent—including verbal, emotional, and physical—are totally contrary to the attachment bonds with protective parents that children need for healthy and optimal development.



DOMESTIC ABUSE INTERVENTION PROGRAMS
202 East Superior Street
Duluth Minnesota, 5582
218-722-2781
www.TheDuluthModel.org



HAVEN, INC.
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

**STAY CONNECTED
WITH US!**
Follow us on
Social Media!

facebook

www.facebook.com/HavenIncLincolnCountyWI

Instagram

[https://instagram.com/haveninc.advocate?
igshid=YmMyMTA2M2Y=](https://instagram.com/haveninc.advocate?igshid=YmMyMTA2M2Y=)

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
newsletter at <http://www.haveninc.org/>**

Click on NEWSLETTER



We know that individual skills and interests vary and that not everyone can volunteer the same amount of time. Therefore, we offer many opportunities with various time commitments.

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 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 change, 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 Jan at volunteercoordinator@haveninc.org

We look forward to hearing from you!

DOMESTIC VIOLENCE AND CHILDREN

Domestic violence is traumatic for children. As many as 10 million children witness violence in their families every year. That doesn't include children who are the direct victims of emotional, physical and sexual abuse in their own homes.

How does trauma affect the brain?

When experiencing trauma our body has instinctive automatic reactions used to protect us. These reactions come from our survival brain when a child or an adult experiences trauma. These three areas of the brain are affected. These include the hippocampus, amygdala, and prefrontal cortex.

Amygdala

This part acts as our "security guard" It's responsible for processing emotions, warns us when we are in danger, and keeps us safe, and activates the fight or flight response by releasing hormones to protect us. The four chemicals are

- Catecholamine (natural adrenaline)
- Corticosteroids (energy)
- Opioids (natural morphine)
- Oxytocin (good feelings)

Hippocampus

This is the part of brain that stores memory and we can refer to it as the "saver of memories" As a result of trauma, memory can be impaired. When these hormone levels are high they interfere with other structures in the brain that work to create memory which can result in the memories not being stored in an organized way.

Prefrontal cortex

This can be referred to as our "wise leader" responsible for regulating behavior, making decisions, problem solving, and acting with long- term goals. Trauma can affect activity in the brain, impacting problem solving abilities.

How trauma affects children?

The brain doesn't stop developing until around the age of 25, so the impacts of trauma on children are greater. Children also experience some psychological responses more extensively than adults.

How you can help your children heal from trauma?

People who have experienced trauma can learn new ways of thinking and responding! Positive interactions and caring relationships can help form new connections in the brain, though it takes time and doesn't happen overnight!

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

Sources: [The Effect of Childhood Trauma on the Brain | The Innocent Lives Foundation](#) **Sources:** [The Mind Up Curriculum](#), [Brain- Focused strategies for Learning and Living](#), Scholastic



THE MOST IMPORTANT THING THAT PARENTS NEED TO UNDERSTAND IS THAT THE BRAIN OF THEIR CHILD WILL BECOME EXACTLY WHAT THE CHILD WAS EXPOSED TO. ...THAT IS THE BEAUTY OF THE HUMAN BRAIN. IT IS THE MIRROR TO THE CHILD'S DEVELOPMENTAL EXPERIENCE.'

Bruce D Perry

Become a Monthly Donor

We rely on the generosity of many individuals and groups to support our work in Lincoln County and the surrounding areas. Please consider becoming a MONTHLY DONOR. Your hassle-free, recurring donation will provide a consistent and reliable source of funds that will allow us to continue supporting individuals and families who have experienced interpersonal abuse.

Donor Privacy Policy: Confidentiality is very important to HAVEN, Inc., both for the individuals we serve and for our donors. We will never share or sell your information.



First Name _____ Last Name _____

Address _____

Email Address _____ Phone # _____

Please email me HAVEN's quarterly newsletter

I wish to become a monthly contributor with the amount of:

\$10 \$15 \$25 Other \$_____ /Month

Method of Payment

⇒ Pre-authorized withdrawal on the _____ of each month (voided check enclosed)

⇒ Pre-authorized payment by credit card

VISA MASTERCARD OTHER _____

Card #

Expiration date ____/____/____

Name on Card _____

Signature _____ Date Signed _____

This donation is made by: Individual Business In memory of: _____

I understand that my gift is ongoing and it will be deducted on a monthly basis.

I understand that I can change or cancel my contribution at any time within five working days.

Please send me a tax receipt

Instead of a monthly contribution, I would like to give one time donation in the amount of:

\$_____

My check is enclosed Use my credit card

JAN'S STORY OF KINDNESS

My name is Jan F. and I've been working for Haven for a little over a year now. I answer the phones and take in donations from some very generous people.

One day in September I took a call from a lady who wanted to donate all of the household things from her deceased mother's home. Then she told me what the "household THINGS" were. They included all of the furniture from the living room, dining room, kitchen and bedrooms. "EVERYTHING".

I don't remember what the weather was like that day when I got up and went to work. But, the Sun had to be shining! Because at the very same time I was talking to this lady, in the office next to mine advocate Amy W. was talking to a lady who had fled a very abusive relationship. She was renting a small house in town with absolutely nothing in it except a mattress on the floor that she had been sleeping on for three months.

Those wonderful, generous people delivered everything that was needed to furnish this house, to make it into a home.

Some people might call this a miracle but I have my own idea about what happened.

HAVEN wants to thank everybody for all the small and large donations we continuously receive from our generous community .

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.
Thank you!

- ◆ 5 Non-stick rubber mats
- ◆ 5 Non-stick shower decals
- ◆ 13-Gallon kitchen garbage bags
- ◆ Merrill-Go-Round bus tokens
- ◆ Merrill Chamber gift certificates
(\$25 increments for gas/emergency needs)
- ◆ Toilet bowl cleaner
- ◆ Toilet paper
- ◆ 3T Pull ups



The bilingual program at HAVEN, Inc. hosted a Food Fest to celebrate the Hispanic Heritage Month at Normal Park, 500 N Center Ave, Merrill, WI on Saturday September 24, 2022.

This was an outreach event to connect with the community and spread the word about the services we provide.

We want to thank the Merrill community for attending our event and supporting the vendors.



THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. from 5/26/22 to 9/29/22. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.



Amy K
 Amy W
 Anonymous
 Bethany and Jessica
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 Sue Woller
 Trina Delasky
 Treva Schmidt
 Vanessa Houghton
 In memory of Betty Gilroy
 In memory of Howard Edelman

Copper Lake School
 Fill the Gazebo
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 Merrill Writers Club
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 Packaging Corporation of America
 Sierra Pacific Employees
 Turenne Construction
 United Way of the Capital Region
 Witthoft Apprill Family Foundation

HAVEN Inc.

1106 E 8th St,
Merrill, WI 54452
Phone: 715-536-1300
Fax: 715-536-3816

Email: executivedirector@haveninc.org

HAVEN Staff

Executive Director: Kim
Finance Officer: Deanna
Sexual Assault Advocate: Amy
Community Educator: Nancy
Bilingual Advocate : Esther
Volunteer Coordinator : Jan
Youth and Family Advocate : McKenzie
Like Skills Advocate : Ulla

Shelter Advocates :

▪Amy K. ▪Chelsea M. ▪Janice E. ▪Sarah M. ▪Savanna R.
▪Dawn P.

HAVEN Board of Directors

Dawn Ives, President
Linda Schmidt, Vice-President
Paul Wagner, Treasurer
Karen Karow, Secretary
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Art Lersch
Kathy Krohn-Gill
TJ Fecteau

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IT IS NOT THE CRITIC WHO COUNTS:

**NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLES
OR WHERE THE DOER OF DEEDS COULD HAVE DONE BETTER.**

**THE CREDIT BELONGS TO THE MAN
WHO IS ACTUALLY IN THE AREA,**

**WHOSE FACE IS MARRED BY DUST AND SWEAT AND BLOOD,
WHO STRIVES VALIANTLY, WHO ERRS AND COMES UP SHORT AGAIN AND AGAIN,
BECAUSE THERE IS NO EFFORT WITHOUT ERROR OR SHORTCOMING,
BUT WHO KNOWS THE GREAT ENTHUSIASMS, THE GREAT
DEVOTIONS, WHO SPENDS HIMSELF FOR A WORTHY CAUSE;
WHO, AT THE BEST, KNOWS, IN THE END, THE TRIUMPH OF HIGH ACHIEVEMENT,**

**AND WHO, AT THE WORST, IF HE FAILS,
AT LEAST HE FAILS WHILE DARING GREATLY,
SO THAT HIS PLACE SHALL NEVER BE WITH THOSE COLD AND
TIMID SOULS WHO KNEW NEITHER VICTORY NOR DEFEAT.**

THEODORE ROOSEVELT