



October is Domestic Violence Awareness Month, a time for all of us to honor the victims and survivors.

Agencies, like HAVEN, across the nation provide information and education to our communities about the dynamics found in abusive relationships. Those of us who work in this field know that it’s a process – making the decision to leave then following through with it. It takes an enormous amount of strength, bravery, and determination. Survivors stay in these relationships for a myriad of reasons, and when/if they do finally leave, they are faced with multiple barriers to achieving independence.

HAVEN is challenging our allies to take some time to think about someone you know who is living with an abusive person. Rather than jumping to conclusions, passing judgments, or making assumptions about why they stay in the relationship, let’s simply support them, offer encouragement and healthy options, and accept their decisions – no matter what they might be. If we leave the door open, they might return for further help. And we will then know that we’ve done the right thing for those we care about.

The Toll of Emotional Abuse on Your Health

The effects of emotional abuse can last a lifetime and impact your health. They can include:

- Fear
- Stress
- Feelings of worthlessness, low self-esteem
- Inability to trust
- Anxiety
- Depression
- Digestion issues
- Insomnia
- Chronic headaches
- Suicidal thoughts or attempts

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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.

What Is Domestic Abuse?

Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith or class. Victims of domestic abuse may also include a child or other relative, or any other household member. Domestic abuse is typically manifested as a pattern of abusive behavior toward an intimate partner in a dating or family relationship, where the abuser exerts power and control over the victim. Domestic abuse can be mental, physical, economic or sexual in nature. Incidents are rarely isolated, and usually escalate in frequency and severity. Domestic abuse may culminate in serious physical injury or death.

Recognizing the signs of domestic abuse

Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments?
- Control or micromanage many aspects of your life, taking away your choices and decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly – grab, push, pinch, shove or hit you?
- Stalk you in person or through a device to always know your whereabouts?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure, coerce or force you sexually?
- Make you feel like there is “no way out” of the relationship?
- Prevent you from doing things you want – like spending time with friends or family?
- Try to keep you from leaving or leave you somewhere to “teach you a lesson”?




Do you...

- Sometimes feel scared of how your partner may behave?
- Frequently make excuses to yourself or others for your partner’s behavior?
- Believe that you can help your partner change?
- Try not to do anything that would cause conflict or make your partner angry?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

If any of these things are happening in your relationship, please talk to a HAVEN advocate at 715-536-1300. Without help, the abuse will continue. Making that first call to seek help is a courageous step.

Adapted from: <https://www.un.org/en/coronavirus/what-is-domestic-abuse>

Symptoms related to children growing up with domestic violence

Newborn to 5 years 	Ages 6-11 	Ages 12-18 
<ul style="list-style-type: none"> * Sleep and/or eating disruptions * Withdrawal/lack of responsiveness * Intense/pronounced separation anxiety * Inconsolable crying * Developmental regression, loss of acquired skills * Intense anxiety, worries, and/or new fears * Increased aggression and/or Impulsive behavior 	<ul style="list-style-type: none"> * Nightmares, sleep disruptions * Aggression and difficulty with peer relationships in school * Difficulty with concentration and task completion in school * Withdrawal and/or emotional numbing * School avoidance and/or truancy <div style="border: 2px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>Parents and caregivers impact how their children cope with domestic violence</p> </div>	<ul style="list-style-type: none"> * Antisocial behavior * School failure * Impulsive and/or reckless behavior * Substance abuse * Running away * Involvement in violent or abusive dating relationships * Depression * Anxiety * Withdrawal

The good news for children impacted by domestic violence

As many as ten million children and adolescents witness violence between their parents or caregivers each year. Though this number is astounding, there are ways that we can assist children growing up with domestic violence.

Raising awareness, learning more about childhood domestic violence, and sharing the impact of domestic violence on children will aid in decreasing it

Contact McKenzie, Youth and Family Advocate, for more information about the impact of childhood domestic violence

Post-Separation Abuse

Post separation abuse describes tactics used by an abusive partner to maintain control after the relationship has ended. If you're a domestic violence survivor, you probably realize that the threat of danger doesn't end when you leave the relationship. An abuser may escalate their tactics, especially since they may feel as though they are no longer in power or that they're losing control. The best protection is to have a plan—knowing what may come can give you some sense of control and help you put a safety plan in place to move forward.

Trying to Convince You to Come Back

What can happen: An abuser may use emotional abuse and manipulation to try to make you stay in the relationship. They may threaten to harm you, your children, your family, your pets, or your coworkers. They may threaten to kill themselves. They may try to convince you that the abuse is your fault so you feel guilty and return to the relationship.

What you can do: Minimize or eliminate contact as much as possible. Every time you communicate with an abuser, you create an opportunity for them to try to reconnect with you. They may try to use charm or pity to play on your emotions.

Stalking You

What can happen: Stalking can take a lot of different forms. An abuser might follow you, either in person or online. They may threaten or intimidate you or your family. They might drive by your home or workplace, or track your car or phone. They could manipulate situations, so you feel that you need to contact them.

What you can do: Get an order of protection. Also called a restraining order, this legal document requires an abuser to stay away from you. You might think your ex won't respect this order, but research shows these documents reduce the risk of violence. The "no contact" provision in an order of protection means your former partner can't contact you in person, through email, text or social media, or come to your home or workplace. Depending on your ex's actions, you may also be able to file criminal charges.

Intimidating You in Court

What can happen: An abuser may use legal strategies to try to keep you in the relationship. They may threaten to take your house or your children or to have you deported. Or they may create complications, so you have to go to court repeatedly. They may do whatever they can to make sure it isn't easy to resolve your case.

Blocking Your Access to Money

What can happen: Financial abuse is one of the leading reasons survivors don't leave. During your relationship, your partner may have managed all the finances and/or made it difficult or impossible for you to work. So, you might not have any savings or income. An abuser may prevent you from accessing money or credit cards, so you can't pay for housing or cover your needs.

What you can do: Separate your money from your ex's as soon as you can. Get a copy of your credit report, so you know exactly what credit cards and loans show up under your name. If you're listed as an account holder on a joint checking or savings account, you have the right to withdraw money from that account. If you and your ex have joint credit cards, you should be able to close those accounts by calling the bank. That way no new charges can be posted. If you have a job, make sure your pay is deposited into an account that's in your name only. Open a new account if you must. You can typically set up online accounts, so all communication happens via email, if you're worried about your partner finding a mailing address.

Attempting to Alienate Your Children

What can happen: Abusers can recognize the power of the connection between a parent and a child and try to break it down. Your ex might try to drive a wedge between you and your children, undermine your parenting, push you to discipline your children harshly or turn your children against you.

What you can do: When dealing with children, a lot depends on their age. Be as honest with them as possible while keeping your conversations at a level they can understand. Be careful not to say anything negative about your ex that could be repeated and used against you. Additionally, document the behaviors and actions your ex is using to alienate you from your children. You'll want to find a lawyer who specializes in family violence to help you resolve custody issues.

Separating from an abusive partner isn't easy, and your ex will likely try to convince or force you to stay in the relationship. Anticipating the possible tactics used during post-separation abuse can help you prepare for what could come.

What is Giving Tuesday ?

Giving Tuesday is a global day of generosity that will take place this year on November 28, 2023.

Giving Tuesday was created in 2012 as a simple idea: a day that encourages people to do good. Over the past ten years, this idea has grown into a global movement that inspires hundreds of millions of people to come together to THANK, HELP, GIVE, SHOW KINDNESS, AND SHARE what they have with those in need.

HAVEN, would like to say THANK YOU to everyone that did help us out in the past years. Your kindness has been shown in the donation of funds, material items, food, maintenance, transportation and so much more.

With your donations, we can continue to serve all of the individuals that come to HAVEN for help.

There are several ways you can donate to HAVEN.

- 1.By mail with a check or money order made out to Haven, Inc “address below.”
- 2.From our WEB page: [Haven, Inc. \(haveninc.org\)](http://Haven, Inc. (haveninc.org))
- 3.Or stop in and see us at 1106 E 8th Street during our office hours 8 AM-4:30 PM weekdays.

HAVEN is very grateful for all donations. They will be used to help support our work to serve people who experience interpersonal abuse and sexual assault.



HAVEN is Thankful for Community Fundraisers & Donations



Bill Marcoux stopped by the office to gift a check of \$250 from the Tomahawk Harley Davidson Local Union #460. Harley employees had an internal fund raiser which generated an additional \$510!! We are so grateful for both of these generous donations to support our work in serving people who experience interpersonal abuse and sexual assault.

T.B. Scott Library employees hosted a "Casual" Friday fundraiser generating a donation of \$160

Our Saviour's Lutheran Church's congregation collected \$1,748.57 for Haven.

The Women in Manufacturing (WIM) chapter of Northern Wisconsin, hosted their 1st Annual Golf outing in Merrill, and chose to donate \$542 of the proceeds to Haven, Inc. WIM works to empower women workers and strengthen the manufacturing sector. They are dedicated to supporting, promoting, and inspiring women who have chosen careers in the manufacturing industry. For more information on the local chapter go to [Northern Wisconsin - Women in Manufacturing](#)

Sierra Pacific on Ohio Street held an internal fundraiser for HAVEN generating \$2,276!! We are so grateful for the support and a HUGE shout out to everyone who participated!

The Red Hatter's donated \$207.75 to meet the need of a specific survivor. The generosity and support this group of ladies bestow on our agency really uplifts and instills HOPE for people who feel lost. Thank you!

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!

- ♥ Batteries (AA,AAA)
- ♥ Cascade liquid dishwasher detergent
- ♥ Oven cleaner
- ♥ Hair brushes
- ♥ Shaving cream
- ♥ Diapers size 5/6
- ♥ Toilet bowl cleaner, toilet bowl brushes,
and holders
- ♥ Merrill- Go -Round bus tokens and
Merrill chamber gift certificates
(\$25 increments for gas/ emergency needs
- ♥ Bottled water, disposable soup bowls,
soda, and juice for support groups.
- ♥ Contact paper for shelter drawers
(bedrooms and kitchen)

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WITH US!**
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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

childrensadv@haveninc.org



**Save Paper.
Save Trees.
Save the World.**

**You can also find a PDF version of our
newsletter at**

<http://www.haveninc.org/>

Click on NEWSLETTER

THANK YOU

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. from 3-1-23 through 9-30-23. 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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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.

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

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

Signature _____ Date Signed _____

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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.

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