



NEWSLETTER

From the Director's Desk:

COVID-19 has created new worries and fears for everyone in the world. But those who are now considered 'safer at home' may be put into a situation where increased stressors about finances, confusion/frustration with the severity of the virus, along with the combination of internalized power and control issues can cause children and others in the home to be negatively impacted, more so than ever.

Ironically, April is Child Abuse Prevention Month. How are those kids who were already victimized prior to the world-wide pandemic being treated with the additional stressors? Children often express their internal hurt by outwardly hurting others. With schools closed, due to its part on slowing the spread of COVID-19, abused children of Lincoln County have nowhere to go but to stay in the near vicinity of home where they feel unsafe.

April is also Sexual Assault Awareness Month. In 2019, HAVEN supported 32 individuals who were sexually abused in Lincoln County and 176 individuals who were abused sexually along with experiencing domestic violence. These numbers are just from the survivors who came to HAVEN for additional support. Often times, sexual assault survivors do not come forward because of the stigma surrounded by it. What we at HAVEN can testify to is the correlation between childhood sexual abuse and challenges survivors experience with both relationships and coping abilities into adulthood.

HAVEN is able to provide information to help the community prevent sexual abuse to children and empower survivors in their journey toward personal growth. Together, we can strengthen the people of Lincoln County and build a healthy community for the generations to come -- all we have to do is start believing survivors.

Although most of the advocates are working remotely, HAVEN is available 24/7 to anyone who needs someone to listen to them. There will be one advocate available in the office during business hours (Monday-Friday, 8-4:30) and one rotating advocate in the shelter to support the residents and answer the phone line 24/7.

If you or someone you know is experiencing a difficult time, please reach out. We are here for you.

Kim, Executive Director

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24/7 Support line:
715-536-1300 or 1-855-888-9272
Text line: 715-409-3231
Facebook: HavenIncLincolnCountyWI
Facebook: HavenHispano
Instagram: haveninc.advocate
www.haveninc.org

April is Child Abuse and Neglect Prevention Month

This month and throughout the year, HAVEN, Inc. encourages all individuals and organizations to support child abuse and neglect prevention efforts in Merrill and across Wisconsin. Children do well when their parents do well. Supporting families and ensuring parents have the knowledge, skills and resources they need are effective ways to protect children from the risk of child abuse and neglect. Community members can support one another by:

- ♥ Taking time to talk to parents in your neighborhood – get to know them.
- ♥ Sharing local resources with families.
- ♥ Advocating for legislation and funding which support family programs within your community.
- ♥ Donating new or gently used clothing and toys to programs that support families with children.
- ♥ Bringing a meal or groceries to a family with young children.
- ♥ Organizing a family fun event – such as a family story night, game or movie night.

To learn more about child abuse prevention and for more ideas how to become involved; visit:

- ♥ HAVEN, Inc.: haveninc.org
- ♥ Prevent Child Abuse Wisconsin: preventchildabusewi.org
- ♥ Department of Children and Families: dcf.wisconsin.gov
- ♥ Child Abuse and Neglect Prevention Board: preventionboard.wi.gov

April 3, 2020 is Wear Blue Day. Show your support and help spread awareness by wearing blue. Take a photo and share it on social media with #GreatChildhoods .



30 Ways to Connect with a Child

Playing and interacting with your child are important things you can do to help your child learn. This is also a time to build a bond with your child and help him or her develop a sense of competence and self-worth. Below are 30 ideas for connecting with your child:

1. Read books together – each pick out your favorite.
2. Draw a picture to share with a family member or friend.
3. Talk about what you are thankful for.
4. Help another family member.
5. See what will sink in water.
6. Watch a LIVE story time from your local library.
7. Have a family game night.
8. Have a picnic outside.
9. Pretend to be dinosaurs.
10. Watch a television show together.
11. Eat a meal together.
12. Look for circle shapes inside and outside.
13. Learn a new skill.
14. Paint your favorite thing.
15. Make cards for the elderly.
16. Dance to music.
17. Virtually tour a museum.
18. Pretend you are a circus performer (tightrope walker, ringmaster, etc.).
19. Make silly faces.
20. Give lots of hugs.
21. Turn off the TV for a day.
22. Leave a love note for someone on their pillow.
23. Coordinate a treasure hunt around your house.
24. Make a list of things you are thankful for.
25. Bake or decorate cookies.
26. Choose something to count (trucks, dogs, etc.) and take a walk to look for them.
27. Watch the sunset.
28. Finger paint.
29. Plant some flower seeds.
30. Tell your child that you love him or her.



Remember to let interactions with children happen at the child's pace and take cues from the child when doing something new. Keep in mind that children need more time to learn and move from one idea to another. A parent's participation, encouragement, and positive feedback are critical to helping a child play, interact, and learn. Learn more at preventchildabusewi.org

IT'S TIME TO TALK ABOUT IT—AND TAKE ACTION

The COVID-19 virus is a danger without intention, it does not choose who will be exposed and infected. We cannot see where it is present, only the symptoms it causes. It travels by chance--transferred to a door handle, passed by a cough, travelling across oceans on airplanes--totally oblivious to its own effects. Microscopic and invisible to us, it is only detectable by a medical test done after people show specific symptoms. Great effort is being put into preventing this unseen intruder from spreading more sickness and death. And that is a core concern—how do we proactively protect ourselves, each other, and our homes, schools, businesses, and gathering places from something we can't even see?

Our lives are now overshadowed by this pandemic and we have all had to adapt in various ways. But not only the patterns of our external, practical lives have been affected. There have been internal shifts as well. Life feels more precarious, less is taken for granted, more is appreciated, priorities have changed. In a few short weeks, our society has become hypervigilant in guarding against this invisible invasion. And even while socially distanced, we are also collectively helping each other.

With all our attention focused on the health risks associated with COVID-19, we may not even think about—let alone talk about—another ever present, ongoing pandemic that can also seem invisible. But unlike the virus, its harm is caused intentionally, not by chance. And we as a society tend to keep it under the radar where we don't have to acknowledge it. With April as the annual observance of both Child Abuse Prevention Month (since 1983) and Sexual Assault Awareness Month (since 2001), the reality is that both of these forms of interpersonal violence are far more prevalent than the reports that are made, the cases that result, and the persons held responsible. However, when children are sexually victimized, both of these serious and tragic forms of harm are inflicted. Those who sexually abuse children often do not fit the public perception of perpetrators. Because these are acts which are intentionally kept hidden, perpetrators are often very practiced in concealing the abusive side of their personalities. Yet, according to the Wisconsin Coalition Against Sexual Assault (WCASA), 93% of perpetrators are known to their child victims. Most perpetrators gain the trust of children before abusing or assaulting them, and then use specific leverages against the children not to tell. Sadly, some are too young to tell, and in some cases, older children who tell are not believed or not protected by the adults in whom they confide.

According to research reported by the child sexual abuse prevention organization Darkness 2 Light, "only about a third of child sexual abuse incidents/cases are identified, and even fewer are reported. Researchers estimate that 38% of child victims disclose the fact that they have been sexually abused. Of these, 40% tell a close friend, rather than an adult or authority. These "friend-to-friend" disclosures do not always result in reports. This means that the vast majority of child sexual abuse incidents are never reported to authorities, though research suggests that disclosure rates to authorities may be increasing."

It's time for our collective humanity to recognize the prevalence of child sexual abuse: one of every ten children is victimized (WCASA). We prevent its far-reaching consequences by gaining understanding, raising awareness, and taking action in ways that ensure the protection of children. The trauma caused by sexual abuse changes the minds, bodies, feelings and beliefs of children, with impacts that can also significantly affect their lives and health as adults. Many survivors find that healing is an ongoing personal journey that continues throughout years of their lifetimes.

It takes real courage for survivors to talk about something which is so difficult for other people to acknowledge. The advocates at HAVEN recognize this and are always ready to listen with empathy and respect. We also provide individualized help and support for holistic healing to people of all ages impacted by sexual abuse through information, peer counseling, support groups, legal advocacy, and referrals to many resources. A HAVEN advocate is available 24 hours by phone at 715-536-1300. HAVEN also offers education regarding the prevention of child sexual abuse to adult groups and organizations through Darkness 2 Light. Contact Casey at 715-536-1300 or childrensadv@haveninc.org.

WCASA data: <https://create.piktochart.com/output/31113165-child-adolescent-infographic-copy>

Darkness2Light data: http://www.d2l.org/wp-content/uploads/2017/01/all_statistics_20150619.pdf

Our Mission Statement:

HAVEN is a champion for 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.

~ The Importance of Volunteering for HAVEN ~

Reliable volunteers are a huge asset to HAVEN. Volunteering is not only important to HAVEN, it is important for yourself. Volunteering allows you to give your time and abilities to something you feel is important. You also have the opportunity to meet new people, help those in need, bring fun and fulfillment to yourself and others, and so much more.

Volunteering can say a lot about a person. When volunteering for HAVEN, you will learn so much about how domestic violence affects our community.

Volunteering for HAVEN can involve directly helping clients - for example, with transportation, child care or group activities. Or you can assist with fundraising, BINGO, public awareness, housekeeping, carpentry, lawn care, organizing donations, and more!

As a non-profit agency, volunteers make it possible to widen HAVEN's impact beyond our budget constraints.

That is why HAVEN needs volunteers like you!

If you are interested in becoming a HAVEN volunteer, Contact: Tammy Degner, Volunteer & Events Coordinator at 715-536-1300 or email: volunteercoordinator@haveninc.org or tammy@haveninc.org.

We look forward to hearing from you!!



BE THE ONE WHO MAKES A DIFFERENCE

Sexual Assault Awareness Month And Our Rural Community

April is Sexual Assault Awareness Month. HAVEN, Inc., in partnership with our community stakeholders, provides an important service to both men and women who have been affected by **sexual assault** or **sexual abuse**.

According to the National Online Resource Center on Violence Against Women, there is growing focus on the unique needs of rural populations in the related areas of community and health services. Rural mental health programs, social work policymakers, and medical providers are increasingly taking note of the specific cultural and economic characteristics applicable in rural areas as unique, and as having significant impact on service delivery to empower healing from the trauma of just what this looks like in our communities. Sexual assault and sexual abuse does not only happen to women and children. This act of violence affects all members of our community. HAVEN, Inc., also provides services to men and LGBTQ+ citizens. There are alarmingly increasing rates of sexual assault and abuse to these members of our population; yet the stigma associated with this inclines all victims/survivors to wish to remain anonymous- so data collection for funding becomes a challenging piece in providing adequate support and services.

In particular, anti-domestic violence researchers have been investigating issues of rural advocacy, but virtually none of the studies and statistics pay significant attention to the needs of the sexually assaulted, or to the particular set of problems facing sexual assault advocates in rural areas. Sadly, there is a natural intersection that exists with the work of domestic violence and sexual assault advocates, as providers, law enforcement, non-profits, workplaces, the judicial system along with advocates are creating and redesigning just what advocacy and support looks like for victims/survivors who experience both types of abuse.

All agencies and community stakeholders identify with a shared set of challenges. Such difficulties include finding childcare, gainful employment and housing amid challenges with transportation and isolation. Lacking are an understanding and meaningful game-plans to address these shortfalls in supportive community services. There are many programs working together while others exist in silos- primarily as there is great need and limited resources; not a lack of desire to do better for the lives forever changed by assault and abuse. While there are many mandated initiatives and efforts around diversity, awareness and inclusion, they do not go far in a rural community as these topics are largely unknown and also uncomfortable. These are great starting points, though they do little for the men, women, LGBTQ+ and youths/children currently dealing with either complex trauma, sexual assault and/or interpersonal violence. Now is the time and April 2020 is the month to raise the bar around awareness and halting the cycle of interpersonal, sexual, and domestic violence. It is the time to SPRING into action.

Issues identified include rural culture and the tendencies to be close-knit, self-contained, and often conservative which means that the large portion of our victims/survivors turn to other means of support and unhealthy coping mechanisms; causing additional drain on resources. As a result, we advocates find in our work on a daily basis and in collaboration with the court system, the jail and other key community partners, characteristics including low reporting/conviction rates, high unhealthy coping mechanisms and extreme constraints around funding for victim/survivor services.

We also find that despite these challenges, small non-profits are planting seeds, working creatively with community partners and businesses to raise awareness around the need for support and resources while embracing and empowering those who do come forward and engage us in our advocacy services. Creating a safe space, sharing information around services across all ages, in every avenue possible and in a gender inclusive manner supports the mission to empower each citizen and individual that comes into our care.

Not to be underscored enough is the fact that lower population density in rural areas means a person is more easily noticed. Despite the feelings of shame, not wanting to be re-victimized by “the system” coupled with burdens of proof around current elements of the law, survivor guilt, conditioning, complex-PTSD and any other number of mental health stigmas; our sexual assault victims/survivors absolutely want to heal and find their new normal in a supportive community. This is most difficult yet not impossible in our rural area as there is increased likelihood that the victim/survivor, or a friend or family member of the victim/survivor, may be acquainted with or related to the perpetrator. Additionally, the victim/survivor may re-encounter the perpetrator, perhaps on a regular basis.

These small-town challenges may on the surface appear minimal, though it is imperative that we understand the significance of this re-traumatization on the victim/survivor. This leads to higher anxiety rates, higher work performance concerns and increased distress for children, school systems and family members interacting with and supporting a victim/survivor. That said, our Coordinated Community Response team and others like it are working diligently, collaboratively and creatively to ensure protections in a proactive manner; essentially shifting the dynamic to place the freedom and power back in the victim/survivor’s hands.

As we spring into action this April 2020 and every day before and after that, we CAN improve the lives of victims/survivors through owning the unique set of challenges and problems a rural community faces, working together to identify concrete actions and changes in the way we deliver advocacy and supporting advocacy and the tiny non-profits providing that safe space and voice to those most in need of our attention and support. Anyone of us can look around in a meeting, at work, at home, a parade, grocery store and sadly over potentially 1 in 5 of those you see are victims/survivors of complex trauma including sexual assault, sexual abuse, interpersonal abuse and domestic violence.

Let’s make this the year we level the playing field and squash the stigma around interpersonal violence, sexual assault and domestic violence. Let’s loudly and quietly empower those who most need all of us to wrap around our services and strengths to solidly set victims/survivors on their healing journey. Together we can remove the “way it has always been done,” the road-blocks, and the stigma; and instead, embrace and engage in meaningful action to proactively educate more people, protect victims/survivors, and stop the cycle of violence. In doing this, we will certainly reduce the strain on our community and create a healthier environment where all citizens can prosper and live their fullest lives. This is our vision and hope for 2020 and beyond.

By: Loretta Bartz

I Ask

Sexual Assault Awareness Month 2020

**Day of Action—
Tuesday April 7,
2020**

This year, we’re asking everyone to wear teal, the color of sexual assault awareness and prevention, on the SAAM Day of Action

Wearing teal — whether that’s a teal ribbon, shirt, or other accessory—will serve as a conversation-starter for important issues about consent, respect and supporting survivors.

Share a selfie on your teal look online using hashtags #SAAM, #IAsk, and #Teal

April is Sexual Assault Awareness Month. The goal of SAAM is for individuals and organizations to raise public awareness about sexual harassment, assault, and abuse and educate communities on how to prevent it. This year, SAAM is celebrating its 19th anniversary with the theme “I Ask.”

HAVEN'S WISH LIST

**Contact: Tammy, Volunteer and Events Coordinator at 715-536-1300
tammy@haveninc.org**

CLEANING SUPPLIES

Air freshener
All purpose cleaner**
Garbage bags (black) 30–33 gal. **
Garbage bags (white) any size **
Bleach**
 Fabric Softener
 Laundry soap
Lysol **
Lysol or Clorox wipes**
Paper towels**
 Pine-Sol
 Shower cleaner
Toilet bowl cleaner**
 Windex
 Washcloths

KITCHEN

Dish soap
 Dish towels
 Dish washer detergent
 Freezer /storage bags
Napkins
Non-perishable food**
Paper plates
Plastic spoons, forks and knives
 Potholders
 Saran wrap
 Scouring pads
 SOS Pads
 Storage containers
 Styrofoam cups

OFFICE SUPPLIES

Business Envelopes
Double sided tape**
Correction tape (white out)**
 Dry erase boards
 Dry erase markers
 Folders
 Legal pads (8.5 x 11)
 Note books (any size)
Pens**
 Permanent markers
Plain white index cards**
 Pocket calendars
 Scotch tape
 Sticky notes (Post-It)
Trifold display boards**

MISCELLANEOUS

Bus tokens for Merrill Go Round**
Gift Cards - Gas**
Gift cards - Hair Stylist**
Gift Cards - Walmart
Sweatpants – adult/child**
Sweatshirts – adult/child**
 Undergarments—Women and children
 Women's and children's pajamas
 Women's bras
Baby monitors (five)**
Baby thermometers**
Booster seats (two)**
Humidifiers (five)**
Shower heads (five)**
Shower curtain (five)**

Items with () are high priority**

Monetary donations and items from the HAVEN Wish List help those we serve to gain confidence and the ability to build a healthy future.

Thank you!

BATH & BODY

Baby Shampoo
 Baby wipes
 Body wash
 Chap Stick
 Conditioner
 Deodorant
Diapers – Sizes 4, 5**
 Hair Brushes
Hand Sanitizer**
 Kleenex
Liquid hand Soap**
 Panty Liners / Pads

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!



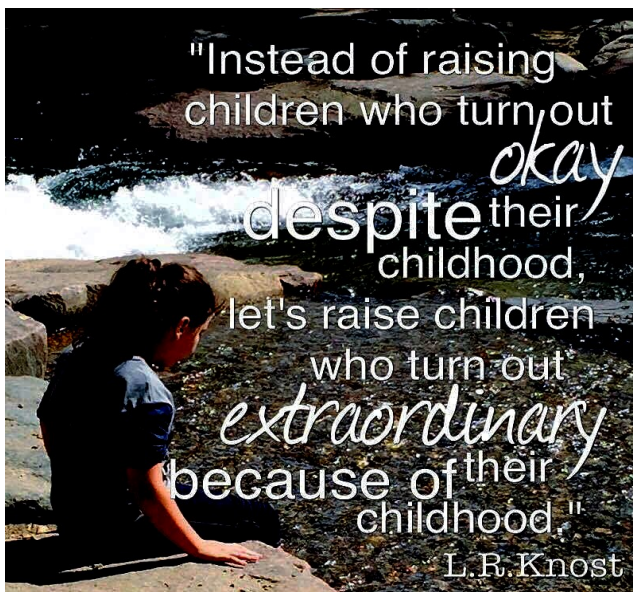
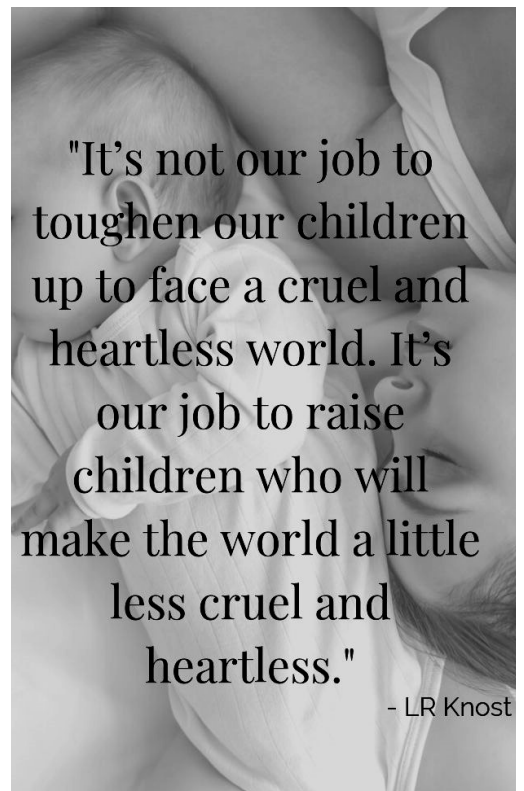
HAVEN can email you the newsletter. If interested, please call 715-536-1300 and an advocate can assist you!



**Because of your generosity, individuals and families can find the safety and shelter they need to escape from their abusers.
Thank you for supporting HAVEN, Inc.**

Amy Krause
Anonymous
Ashley Miller
Audey Grawien
Bonnye Kolar
Calista Berger
Carol Fiebke
Christine Bucholtz
Church Mutual
Cole West-Hanson
David and Carol Finanger
Dawn Pilecky
Dieter Bartz
Donald and Sally Hostvedt
Ed Strasser
Faye Lamere
Fraternal Order of Eagles
Aerie 584
George Amelse
Heather Kretschmer
Herbert and Mardell Simon

Holly Lange
Ione Koehler
James Koebe
Jean Perkins
Jeanne Heckman
Jennifer Staus-Kaminski
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Julie Thorson
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Kim Travis
Kim West
Kristin Lewandowski
Leslie Gaughan
Lois Oestreich
Lynn Henrich
Merrill Ice Draggers
New Testament Church
Nikki Gerdes
O'Tannenbaum Tour



Park City Credit Union
Peter and Sheila Frederick
Pine Crest, Physical Therapy
Riverside Athletic Club
Robert Czerwinski
Ross Monti
Ruth Ellen
Ruth Jaeger
Shirley Engel
Stephen Kaminski
Sue Hass
Walmart

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HAVEN Staff
Executive Director: Kim
Finance Officer: Deanna
Volunteer and Event Coordinator: Tammy
Youth and Family Advocate: Casey
Community Educator: Nancy
Bilingual Advocate (Spanish): Esther
Bilingual Advocate (Spanish): Myriam

Shelter Advocates :
Karen • Vanessa • Sara
• Amy • Dawn • Deb

HAVEN Board of Directors

Dawn Ives
Linda Schmidt
Karen Karow
Paul Wagner
Art Lersch
Michelle Arnott
Pete Borchardt

Non-Profit Org.
U.S. Postage
PAID
Merrill, WI
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MAKE CONTRIBUTION TO HAVEN

I would like to make a contribution HAVEN to help end domestic violence and sexual assault in Lincoln County.

Enclosed is my contribution of:

\$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: _____
