



**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.*

When supporting adult survivors of childhood trauma and sexual abuse, we are reminded of how difficult the journey toward healing can be without the needed supports and connections from others. We need to support survivors as they process their trauma -- because holding onto those experiences becomes detrimental to their physical, emotional and mental health. For example, survivors who developed unhealthy coping skills as a means to survive often revert back to old habits when they feel lonely or unheard. This can be frustrating, but it is a reality for people who have not been given the opportunity and resources needed to heal. Many abuse survivors have experienced ongoing traumas over years of their lives, and healing is a journey rather than a destination. In order to grow, survivors also need to feel safe in their communities. Children who are exposed to abusive behaviors learn to either be the abuser or the victim in future relationships. The best prevention for ending abuse is to break the cycle. If a child has experienced abuse, early intervention is necessary in supporting them for their future.

2021 HAVEN Client Information

229 clients were supported

97 individuals became new clients

143 people disclosed forms of child abuse and/or sexual abuse

65 people disclosed being molested as children

So how can you help? Believe survivors. Realize that survivors' lives and choices belong to them. Refer them to agencies like HAVEN. Advocates offer unbiased support and will connect them with additional resources to help them begin their healing. Share this newsletter with others. Request a presentation from one of our advocates to learn more about how we can unlearn the myths associated with childhood trauma and sexual abuse, and move toward becoming a community in which we empower one another toward well-being.

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*Edited by Esther Schulz*



## Thoughts & Feelings of an Abused Child

\*Personal testimony from survivors of childhood trauma within our community

*"I woke up scared. All I heard was my mom screaming and the sound of dishes breaking. I jumped out of bed and ran to the kitchen . . . I can still see my mom being dragged by her hair across the kitchen floor; crying and trying to break free. My brother appeared out of nowhere and tried to save her. He was pushed to the floor, I grabbed him and we ran outside to the business next door and had the night manager call the police. Mom's boyfriend was arrested and we thought 'finally . . . he is gone'; we were wrong . . . it was just the beginning."*

*"My chest is heavy . . . I can't breathe but I can smell the alcohol from your breath. Mom is working and you always lay next to me. I am on my back and then you force me to turn around. You rub my chest and go down to my underwear whispering 'I can't wait till you are 18'. My heart is pounding so fast and hard. I am scared to tell anyone because I have seen what you are capable of doing. I lay there and wait till you are done.  
It will be over soon."*

*"They always fight at night when they think we are sleeping."*

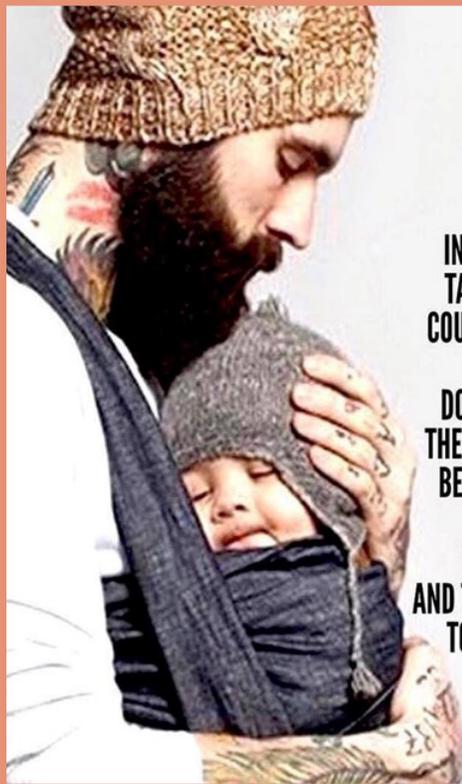
*"Mom's friends can make the whole room cloudy . . . the smoke smells like chemicals burning. They stay up for a long time and sometimes they sleep for a long time. I have to make sure my brother and I are safe . . . I make food for us and make sure we get to school. Sometimes I feel like I am the parent."*

*"I told someone I was sexually assaulted by a family member and we went through the legal stuff . . . my family seemed to hate me. They (family) kept telling me I was lying; that I wanted it to happen; that I was dressing in clothes which solicited the ongoing assaults. I just wanted my family to go back to how it was. Sometimes I want to call the officer and tell them I lied . . . maybe it will help."*

*"My mom's boyfriend came home so drunk. He grabbed my brother by the throat and held him against the wall. He screamed right into his face and then dropped him to the ground. He passed out on the couch. My brother and I waited hiding in the closet until mom came home from work."*

*"My family is broken. Mom talks bad about dad; dad talks bad about mom. They use me as a messenger between the two. When they say hurtful things toward each other; I shut down. I love them both but I hate them at the same time. I want to feel safe in my house. I am sick of the arguing, the drinking, the screaming, the negativity that is constant at home. I really want them to grow up."*





GENTLENESS IS  
NOT WEAKNESS.  
JUST THE OPPOSITE.  
PRESERVING A  
GENTLE SPIRIT  
IN A HEARTLESS WORLD  
TAKES EXTRAORDINARY  
COURAGE, DETERMINATION,  
AND RESILIENCE.  
DO NOT UNDERESTIMATE  
THE POWER OF GENTLENESS  
BECAUSE GENTLENESS IS  
STRENGTH  
WRAPPED IN PEACE,  
AND THEREIN LIES THE POWER  
TO CHANGE THE WORLD.

L. R. KNOST

## Children's Mental Health Awareness Week May 1-7, 2022



MEETING

CHILDREN'S NEEDS

DOESN'T CREATE

NEEDY ADULTS.

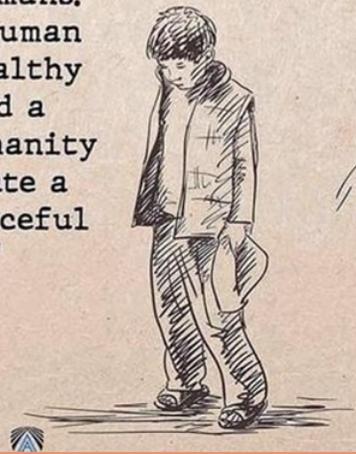
IT CREATES

L.R.Knost

HEALTHY ADULTS.

"We have to  
break the cycle of  
hurting children  
and sending them into  
adulthood as  
hurting humans  
who believe that  
children must be  
hurt to grow into  
healthy humans.  
A hurting human  
is not a healthy  
human, and a  
hurting humanity  
cannot create a  
healthy, peaceful  
world."

L.R. Knost



*Just as rain doesn't create drought,  
feasts don't create hunger,  
and generosity doesn't create poverty,  
meeting a child's needs for attachment,  
attention, and affection in childhood  
doesn't create needy adults.  
Just the opposite, in fact.  
A child whose emotional needs are nourished  
tends to grow into  
an emotionally healthy adult  
in the same way a child whose  
physical needs are nourished  
tends to grow into a physically healthy adult.  
It is unmet needs that create need,  
not met needs.*

-L.R.Knost

L. R. Knost – Little Hearts/Gentle Parenting Resources  
<https://www.facebook.com/littleheartsbooks>  
<http://www.littleheartsbooks.com/>

**April is Child Abuse Prevention Month. This month and throughout the year, HAVEN Inc, encourages all individuals and organizations to support child abuse prevention efforts in Merrill and across Wisconsin.**

## **Five for Families**

**Learn the five strengths that keep every family strong.**

### **1. Helping kids understand feelings**

When you help your children understand feelings, they feel safe and valued and develop the confidence to solve their own problems. You may even spend less time managing misbehavior.

### **2. Parenting as children grow**

Being a great parent doesn't come naturally. The truth is that every family learns as they go. Gaining knowledge of parenting and child development can help you set realistic expectations, encourage positive behaviors and feel prepared for new challenges as children grow.

### **3. Connecting with others**

A lot of parents feel too busy or too overwhelmed to stay connected to the people and activities that bring their life balance, let alone make new friends. However, building a network of social connections is worth the extra effort.

### **4. Knowing how to find help:**

Raising a family is stressful, but staying strong and flexible when things get tough can help you guide your family through challenges. Nurturing your own inner strength builds parental resilience.

### **5. Knowing how to find help**

Sooner or later, every family needs help. Although asking isn't always easy, recognizing your family's needs and reaching out to others for support is a sign of strength. Advocating for your family can increase your self-confidence and your ability to be persistent. Knowing how to accept help when it is offered demonstrates courage and resourcefulness to your children.

Source: <https://fiveforfamilies.org/the-5-strengths/>



*To learn more about relating well with your children and for more ideas on how to become more involved, visit:*

**HAVEN, Inc.**

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

**Home - Five for Families**

<https://fiveforfamilies.org/>

**Prevent Child Abuse Wisconsin**

<https://childrenswi.org/childrens-and-the-community/community-partners-professionals/child-abuse-prevention/prevent-child-abuse-wisconsin/resources>

**Child Abuse and Neglect Prevention Board**

<https://preventionboard.wi.gov/Pages/OurApproach/ProtectiveFactors.aspx>

My name is McKenzie H. and I am the new Youth & Family Advocate here at HAVEN. If you have any questions, concerns, and/or need to talk about an experience you or your child/children has had, please reach out to me at 715-536-1300.



**HAVEN, Inc. has a staff member that is a trained facilitator of the Darkness to Light Stewards of Children® Child Sexual Abuse Prevention Training.**

**Would you like to schedule a Stewards of Children presentation specifically for your group or organization?**

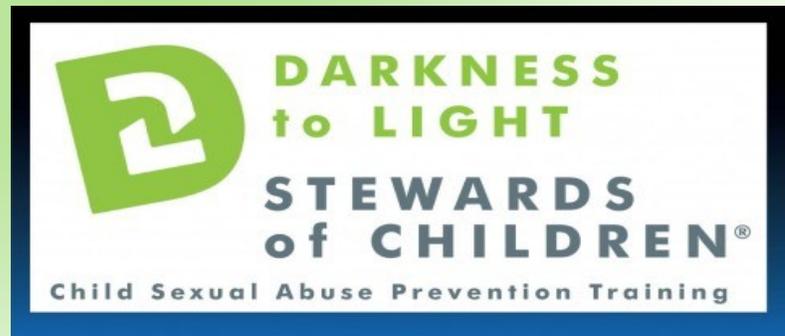
**Please contact Esther Schulz at [esther@haveninc.org](mailto:esther@haveninc.org) (715-536-1300), as we would love to come to you with this important and valuable information on keeping children safe in our community.**

Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. This program is designed for organizations that serve youth, parents/caregivers and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

We provide training in both **English** and **Spanish**, perfect for any adult who cares about the well-being of children in our community.

- ♥ Parents
- ♥ Employees
- ♥ Babysitters
- ♥ Sports league/coaches
- ♥ Day care providers
- ♥ After school program staff
- ♥ Children's group leaders
- ♥ Church groups
- ♥ Volunteers with youth-serving organizations

Every adult in every community



**HAVEN can email you the newsletter: If you are interested, please call 715-536-1300 or email [esther@haveninc.org](mailto:esther@haveninc.org)**



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

**Click on NEWSLETTER**

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f @HavenInLincolnCountyWI  
 i @haveninc.advocate  
[www.haveninc.org](http://www.haveninc.org)

## *Building Safe Online Spaces Together*

Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. For too long harassment, cyberbullying, and sexual abuse and exploitation have come to be expected as typical and unavoidable behaviors online. Building Safe Online Spaces Together is possible when we practice digital consent, intervene when we see harmful content and behaviors, and promote online communities that value respect, inclusion and safety.

Online sexual abuse can be any type of sexual harassment, exploitation, or abuse that takes place through screens.

Forms of online sexual harassment or abuse include:

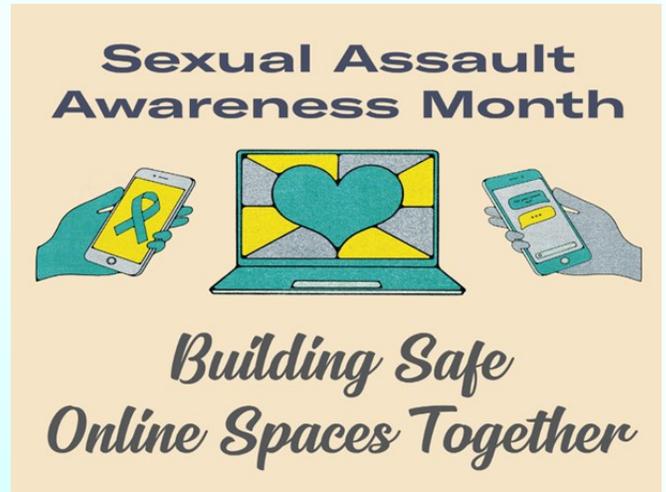
- Sending someone unwelcome communication about sex or hateful comments based on sex, gender identity, and/or sexual orientation.
- Sending partners, friends, acquaintances, or strangers unwanted requests for nude photos or videos or to livestream sexual acts.
- Performing sexual acts on webcam without the consent of everyone involved or in inappropriate settings (like during an online class or online work meeting).
- Sharing private images or videos without the consent of everyone involved (also known as revenge porn or nonconsensual pornography – which, as of February 2021, is illegal in 46 states plus Washington, D.C.).
- Sharing porn in spaces where not everyone has consented to view it (for example, in inappropriate spaces like Zoom meetings, where this is also called Zoombombing).
- Grooming children to enable their sexual abuse either online or offline.

As technology has evolved to become part of our everyday lives, our awareness of ways it can be used to bully, threaten, and abuse has grown as well. Just over the past few decades, terms such as “sextortion,” “revenge porn,” and “doxxing” have entered the public lexicon. Other examples of common abusive behaviors online include creating or posting child sexual abuse materials (sometimes called child pornography), online harassment, or posting unsolicited explicit images.

These examples represent just a fraction of the ways that consent and boundaries can be violated online. Some acts are identified as criminal under the law, others violate policies put in place by online platforms (like Zoom or Instagram), while still too many acts of sexual violence online are normalized and not taken seriously.

Sometimes violence is initiated online and then takes place in person, and in other instances, the violence takes place entirely behind screens. Even though the abuse occurs virtually, the impact on the victim, their loved ones, and the community can be just as harmful as sexual violence committed in person.

The reality is that online sexual abuse is influenced by the same attitudes and beliefs that lead to sexual violence committed in person. These shared risk factors include social norms that directly or indirectly condone violence; traditional harmful ideas about masculinity; and attitudes that devalue and degrade women, LGBTQ people, people of color, people with disabilities, and other marginalized communities. A safe online space is one that is inclusive, where everyone is treated with respect and dignity.



# 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 (void 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

## 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!

- \* Dishwasher detergent
- \* Fragrance-free laundry detergent
- \* Antibacterial soap refills
- \* Toilet bowl cleaner
- \* Scrubbing bubbles
- \* Hair conditioner
- \* AAA batteries

## "COMING SOON" CITY WIDE RUMMAGE SALE

May 18-21

Watch for our signs!!!!

.....  
*The quality of your life  
 will be determined by  
 the quality of your  
 contribution. When you  
 work to improve the lives  
 of others, your life  
 improves automatically.*

KUREK ASHLEY  
 .....

## 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.
- ☀ **Cleaning**  
Weekly office/shelter house chores.



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](mailto:volunteercoordinator@haveninc.org)

We look forward to hearing from you!

## THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. from 1/1/22 to 3/31/22. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.

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 In Memory of Jim Preisler

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 Merrill Rotary Club  
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 O Tannenbaum Tour  
 Our Saviour's Lutheran Church  
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 Saint John Lutheran Church  
 T.R. McClarrinon Community Foundation  
 The Mary Kay Foundation  
 Tomahawk Furniture  
 Tomahawk Star Foundation  
 Trinity Dorcas Society  
 Trinity Lutheran School

## **HAVEN Inc.**

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

Email: [executivedirector@haveninc.org](mailto:executivedirector@haveninc.org)

### **HAVEN Staff**

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

### **Shelter Advocates :**

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

### **HAVEN Board of Directors**

Dawn Ives, President  
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U.S. Postage  
**PAID**  
Merrill, WI  
Permit No. 63



Equating discipline with punishment is an unfortunate, but common misconception. The root word in discipline is actually disciple which in the verb form means to guide, lead, teach, model, and encourage. In the noun form disciple means one who embraces the teaching of, follows the example of, and models their life after.

L.R. Knost