



HAVEN, INC.

HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

Healing is not done on the same timeline for every person.

Healing is not one-size-fits-all.

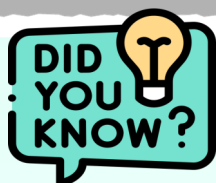
Healing is a process, whether the individual is healing from physical or emotional trauma.

Healing from abuse is possible. We need to recognize the trauma. We need to be patient with the survivor and encourage reaching out for help.

"Healing generational trauma takes courage and strength. It's common for dysfunctional families to deny their abuse. They silence victims and dump toxic shame onto them." ~ Dana Arcuri

Healing often requires unlearning acquired thoughts and behaviors.

HAVEN...a place where healing begins.



Recently, HAVEN compiled information of services to people who have experienced interpersonal abuse. Next is a snippet to give you insight of who we have supported in 2022.

Advocates are available 24/7 to answer questions and/or to listen. Call 715-536-1300

254 people reached out for support

198 adults

56 children

188 Lincoln County residents

66 from surrounding areas

123 were victimized by domestic violence

23 were victimized by sexual abuse

108 were victimized by BOTH

32 families stayed in shelter

Totaling **4,419** bed nights

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Edited by Esther Schulz

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.

SEXUAL ASSAULT AWARENESS

Sexual violence is a widespread problem. It happens in every community and affects people of all genders and ages. Nearly one in five women and one in 71 men are victims of rape. Most survivors first experience sexual assault before the age of 25. Sexual violence is defined as any sexual activity where consent is not freely given. Even for those of us who don't directly experience it, we are all impacted by sexual violence because of how it affects communities and society, especially survivors and their loved ones.

Here are some signs to help you become more aware and make a difference when it comes to providing support to victims of sexual assault.

Signs of Distress

Whether you are a parent, educator, administrator, coworker or friend, you can make a difference in someone's life by noticing the warning signs of sexual assault. Sexual assault can occur in many places. Considering the fact that 7 out of 10 cases of sexual assault involve a perpetrator being someone the victim knows, it's not easy for those who are targeted to come forward. It can be hard for someone to open up about their experiences, particularly if the predator is part of a friend group, a classmate, a family member or a familiar acquaintance. There are many reasons why a person may choose not to report a sexual assault to law enforcement or to tell anyone else. Such reasons include fear of the perpetrator, distrust of law enforcement, trying to protect the attacker and concern about not being believed or being treated differently.

Some signs of distress shown by sexual assault survivors include:

- * Depression
- * Anxiety
- * Changes in sleep patterns
- * Changes in eating habits
- * Reduced self-esteem
- * Increase in drug or alcohol use or other coping methods
- * Decline in health or sexually transmitted diseases
- * Avoiding specific people, places or situations
- * Self-harming behaviors or suicidal tendencies
- * Hypervigilance
- * Diminished self-care
- * Decreased interest in activities previously enjoyed
- * Increased "busyness," the need to be constantly occupied



If you notice these signs in someone just reach out and ask if they're okay. Be willing to listen, believe and respect their choices.

When to seek help

After a sexual assault occurs, you may be unsure how to properly respond or support someone who may be physically hurt, emotionally drained or unsure of what to do next. If you or someone you know are a survivor of sexual assault, don't be embarrassed to ask for or provide help and support. Calling someone trustworthy such as a good friend or family member may help those who were assaulted know they are not alone and there are people who will give them support. Seek medical attention as soon as possible, as proper medical care can address any injuries that may have occurred and also protect against sexually transmitted diseases and pregnancy.

There's no timetable when it comes to recovering from sexual assault. Encourage the survivor to get support from resources such as hotlines and sexual violence advocacy organizations such HAVEN 715-536-1300.

Adapted from: [Sexual Assault Prevention and Awareness - Medical Blog \(slma.cc\)](https://www.slma.cc/)

SEXUAL ASSAULT PREVENTION

The aim of prevention is to stop sexual assault before it has a chance to happen. It is possible to create communities and environments where everyone is treated with respect and equality. This is done through promoting safe behaviors, healthy relationships and thoughtful policies. Prevention is everyone's responsibility. As individuals, we all play a role in fostering a safe environment.

Here are a few things we can do to prevent sexual assault:

- * Promote and practice healthy relationships, behaviors and attitudes.
- * Intervene to stop disrespectful and problematic behavior.
- * Believe survivors and help them find resources and support.

There are numerous actions and measures individuals can take for preventative measures in various settings where sexual assaults occur.

- * When partying or spending time out in public, stick with your friends.
- * Hold onto your drink—even when you go to the restroom.
- * Don't share drinks and don't accept a drink from someone unless you watched it being poured.
- * Always keep your cell phone charged and on your person.
- * Make sure you have arranged a ride home or plan to walk with someone you know and trust.
- * When on a date, set clear limits. "Yes" means yes and "no" means no. Anything short of a clear "yes" is a "no". Silence is not consent.
- * Be independent and aware.
- * Avoid secluded or isolated places where you could be vulnerable.



Businesses, schools and community settings can create proactive policies to facilitate a safer environment. Employers can conduct training on bystander intervention. There can also be displays of prevention messages at schools and businesses.

Below are several ways you can make a difference in stopping sexual violence.

- * Make your voice heard. Support legislation to improve the criminal justice system, bring sexual predators to justice and support survivors.
- * Donate your time. Volunteer to get involved in your community. Support your sexual assault advocacy agency—HAVEN—by donating or volunteering.
- * Get social. Share important information and articles to educate your social networks about sexual assault awareness and prevention.

Although sexual violence and sexual assault are recognized as widespread problems, we can help prevent these attacks through proper awareness and responsible actions by individuals and the community at large. For more information contact HAVEN 24 hours at 715-536-1300.

Adapted from: <https://www.slma.cc/sexual-assault-awareness-prevention/>

no means no

BUT SO DOES....

"Stop" means no

Turning away means no

"I don't want to" means no

"Leave me alone" means no

Passed out means no

"I'm not ready" means no

Pushing you away means no

"I don't feel like it" means no

Drunk or drugged means no

"Get away from me" means no

Screaming in fear means no

"Don't" means no

Crying means no

Yes means one thing only:

***Freely given consent* where both persons' needs, wants and desires are an integral part of the interaction**



NEED EXERCISE?

Volunteers are needed in the Merrill and Tomahawk areas to deliver our quarterly newsletters to local businesses.

Call Jan at
715-536-1300

VOLUNTEER OPPORTUNITIES

Serve as a volunteer and become a member of our dedicated team that provides help and healing to abuse victims and survivors. With the generous gift of your time, talent, and personal interests, you supplement the work of staff in offering many special services that are important not only to our clients, but also to staff. Volunteering is a great way to learn new skills, serve your community, and meet new people.



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 and other 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, minor repairs, 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!

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

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

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

Time and money spent in helping
men to do more for themselves is
far better than mere giving.

— Henry Ford —

There is no better way to thank God for your
sight than by giving a helping hand
to someone in the dark.

—Hellen Keller—

APRIL IS CHILD ABUSE PREVENTION MONTH

During the month of April and throughout the year, HAVEN encourages all individuals and organizations to support child abuse prevention efforts in Lincoln County and across Wisconsin.

P	Y	E	L	L	I	N	G	S	B	G	E
H	E	E	M	P	A	T	H	Y	N	M	M
Y	S	E	T	C	E	L	G	E	N	U	O
S	U	S	I	M	P	A	C	T	B	G	T
I	R	U	G	E	F	A	S	L	A	E	I
C	E	B	N	S	E	E	C	R	E	R	O
A	V	A	I	U	A	B	O	C	O	U	N
L	I	L	L	B	R	C	N	V	I	T	A
A	G	A	A	A	V	E	I	S	G	R	L
B	E	U	E	L	I	A	Q	Y	E	U	A
U	R	X	H	L	R	Y	M	L	O	N	B
S	A	E	I	U	O	I	E	U	A	N	U
E	C	S	E	P	O	H	Z	V	A	B	S
B	E	H	F	U	T	U	R	E	O	R	E
R	Y	T	I	N	U	M	M	O	C	L	T

LOVE
FEAR
HOPE
SAFE
FUTURE
HEALING

YELLING
TRAUMA
IMPACT
NEGLECT
EMPATHY
NURTURE

RESILIENCE
CARE GIVER
COMMUNITY
SEXUAL ABUSE
PHYSICAL ABUSE
EMOTIONAL ABUSE

April is
Child Abuse
Prevention
Month



HAVEN'S WISH LIST

- ♦ 13-gallon kitchen garbage bags
- ♦ Merrill-Go-Round bus tokens
- ♦ Merrill Chamber gift certificates
(\$25 increments for gas or emergency needs)
- ♦ Toilet bowl cleaner
- ♦ Toilet paper
- ♦ Gas cards
- ♦ Postage stamps
- ♦ Plastic shower curtains

For donation information, please contact
Jan at 715-536-1300

Monday - Friday
8:00AM - 4:30 PM
1106 E 8th St, Merrill, WI 54452
Thank you!

HAVEN can email you the newsletter.

If you are interested, please call

715-536-1300 or email

executivedirector@haveninc.org



You can also find a PDF version of our
newsletter at [http://](http://www.haveninc.org/)
www.haveninc.org/

Click on NEWSLETTER

Thank you for donating the handmade items in the 2022 holiday season!

The Four Rivers Quilt Guild was formed in 1995 in Tomahawk WI. The purpose of the Four Rivers Quilt Guild is to bring a group of women together to share their love of quilting, to educate others and improve as quilters, and to become involved in projects for the community. We donate a variety of sewn items to community agencies. The 27 members of the Four Rivers Quilt Guild meet twice a month for a business meeting and a workday meeting. The Four Rivers Quilt Guild has donated quilts, stuffed animals, tote bags, pillowcases, walker bags and catheter bags, and fidget blankets to our community agencies this year. It was our pleasure to provide Haven Inc. with quilts, children's bags and pillowcases for their families for the 2022 holiday season. Judy Heikkinen



THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN from 01/01/2023 to 02/23/2023. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.

Anonymous
 Ashley McMullen
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 Dave Raddenbach
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 Merrill Area Community Foundation
 Connexus Credit Union
 Culver's
 Family Resource Center
 Habitat for Humanity
 Journey Church
 Lincoln County Abstract
 Linda Semling Peterson Fund
 Maple Grove School
 Merrill Chiropractic
 O'Tannenbaum Tour
 Our Saviour's Lutheran Church
 Packaging Corporation of America
 Park City Credit Union
 Phi Master, Beta Sigma Phi
 Prevail Bank
 Redeemer Ladies Guild
 Schwab Charitable
 Sisters of Mercy of the Holy Cross
 St. John Evangelical Lutheran Church
 Trinity Dorcas Society
 Trinity Lutheran School
 United Methodist Women
 United Way of the Capital Region



1106 E 8th St,
Merrill, WI 54452
Phone: 715-536-1300
Fax: 715-536-3816
Email: executivedirector@haveninc.org

HAVEN Staff

Executive Director: Julie
Finance Officer: Deanna
Sexual Assault Advocate: Amy
Community Educator: Nancy
Program Service Supervisor: Kim
Volunteer Coordinator : Jan
Youth and Family Advocate : McKenzie
Maintenance: 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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