



October is Domestic Violence Awareness Month



WHAT IS DOMESTIC VIOLENCE?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.

DOMESTIC VIOLENCE IN NEBRASKA

- In 2013, the National Domestic Violence Hotline documented 483 calls from Nebraska. The state ranks thirty-ninth in terms of Hotline call volume.
- 173 domestic violence victims (94 children and 79 adults) found refuge in emergency shelters or transitional housing provided by Nebraska domestic violence programs on a single day in September 2014.
- In Nebraska on September 14, 2014, 228 adults and children received non-residential assistance and services, including counseling, legal advocacy, and children's support groups.

DID YOU KNOW?

- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute.
- Intimate partner violence accounts for 15% of all violent crime.
- Having a gun in the home increases the risk of homicide by at least 500%.
- 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.

July - September 2016 REVIEW

Haven House Locations:

509 Dearborn Street

Wayne, NE 68787

(402) 375-5433

M-F: 8:30am to 5:00pm

117 East 28th St

South Sioux City, NE 68776

(402) 494-7592

M-F: 8:30am to 5:00pm

24 HOUR CRISIS LINE
1-800-440-4633

Inside This Issue

What is Domestic Violence pg. 1

Relationship Violence pg. 2
Among Young Adults
Staff Listing

A Look Back (July-Sept) pg. 3
Detecting an Abuser

www.havenhousefsc.com

CONNECT WITH US ON SOCIAL MEDIA!



Haven House is a United Way agency. During the month of October please support their fundraising efforts.

Relationship Violence Among Young Adults: Knowing the signs & spreading awareness

written by, Emily Leeper, Haven House volunteer

College students may hear about domestic violence and think it is occurring well outside their realm, happening beyond their youth, behind the closed doors of broken marriages. Being a college student myself, I have taken on this attitude of invincibility at times. However, relationship violence is a very real problem. Young people can be even more vulnerable to abuse, whether it be physical, sexual, verbal, or emotional, because they are experimenting in the dating world and may not know what the standards for a healthy relationship are. Dating violence knows no rules or boundaries, and it can happen in any romantic relationship regardless of duration, whether it be hooking up, going out, or being “friends with benefits.” Stephen Chbosky wrote in *Perks of Being a Wallflower*, “We accept the love we think we deserve,” but we need to educate ourselves and others on what we truly do deserve.

According to the One Love Foundation, one in three women and one in four men will experience relationship violence in their lifetime. Nearly 50% of these women and 40% of these men experience relationship violence for the first time between the ages of 18 and 24, and 57% claim it is difficult to identify dating violence.

One Love is an organization putting itself on the map of young people’s domains, meeting them online and on college campuses, with one very important mission to change the statistics surrounding relationship violence. This foundation uses emotionally powerful and compelling digital tools to inspire young adults to speak up, and as a result, mobilize a generation to change the social climate that tolerates abuse. Various online media campaigns on the One Love website bear the hashtag “#THATSNOTLOVE.” One contains videos stressing that a partner who uses phrases like “I love you” or “I’m sorry” to manipulate a situation, it is not love. Another campaign uses cute partner cartoon videos to represent the difference between good and unhealthy relationships, unhealthy meaning three or more instances of intensity, obsession, isolation, disrespect, guilt, control, anger, or putdowns, and examples are given of each. The “Because I Love You” media campaign shows how this simple phrase can take on a different, manipulative meaning in an unhealthy relationship, being wrongly used as a put down or control tactic meant to instill guilt in a partner.

The One Love Foundation is just one example of a great resource that shows how relationship abuse and violence can start subtly and right under our radar, so it is vital that awareness is spread. I once heard someone say, “I know I said those awful things, but I was never going to actually hurt you.” Words hold so much power and can leave lasting effects under our skin that some physical injuries cannot. Emotional and verbal means of control are still very much abuse. By sharing tools of awareness, one simple click can change someone’s perspective and potentially save someone from going down a path of abuse they did not even know they were on. For more information, visit www.joinonelove.org.

July - Sept. 2016

WE NEED YOUR HELP TO LET
PEOPLE KNOW THERE IS HELP!



GO TO:

www.havenhousefsc.com/spreadtheword



SCHEDULE A FREE PRESENTATION

AVAILABLE PRESENTATIONS

To receive further information, or to request a speaker on the following topics, call one of our office sites

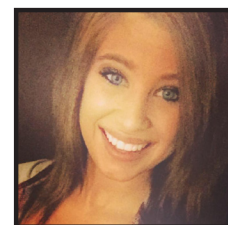
Dating Violence	Sexual Harassment
Agency Services	Sexual Assault
Child Sexual Abuse	Stalking
Healthy Relationships	Child Abuse
Elder Abuse	Domestic Violence

FREE OF CHARGE

STAFF SPOTLIGHT



Kristyne
Cederlind



Kristyne, who has served with Haven House for over 4 years, as both a volunteer & employee resigned in August. Kristyne is now interning at Four Seasons as she pursues her Exercise Science degree.

STAFF

Nancy Cederlind	Executive Director
Mary Rose Wattier	Criminal Justice Liason
Connie Reyes	Program Coordinator
Becky Krueger	Shelter Supervisor
Debbie Ferguson	Sexual Assault Coordinator
Kristyne Cederlind	Outreach Assistant
Georgina Ramirez	Enhance Advocate
Denise Tello	Bilingual Advocate
Josh Sievers	Prevention Specialist

Board of Directors

Laura Dendinger - President	Scot Ford
Deryl Wilcox - Vice President	Susan Koranda
Dennis Lipp - Treasurer	Pat Browning
Michael Carnes - Secretary	

A LOOK BACK

Some of What happened during July through September

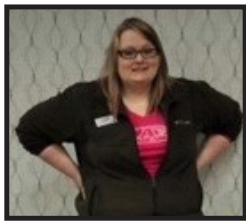


Great time at the Fair!

During July, we visited and set up Haven House displays at our county fairs! We even got the opportunity to place flyers with our crisis line number in all the bathroom stalls.

THE HUNTING GROUND

We partnered with the Counseling Center, GAMMA, and GEM to present The Hunting Ground again on the Wayne State College Campus. It showed on September 1st in the Frey Conference Suite located in the student center.



To the Capital We Go!

Debbie, our sexual assault coordinator, received a scholarship to attend the National Sexual Assault Conference, which was held in Washington D.C. from August 30 to September 2nd.

Chicken Days

At the beginning of July, Chicken Days once again came to Wayne! Our Silent Witnesses got the opportunity to testify to the facts of Domestic Violence. Did you see them?



Detecting an Abuser

Anyone can be an abuser. They come from all groups, cultures, religions, economic levels, and backgrounds. They can be your neighbor, pastor, friend, child's teacher, relative, coworker -- anyone. It is important to note that the majority of abusers are only violent with their current or past intimate partners. One study found 90% of abusers do not have criminal records and abusers are generally law-abiding outside the home.

There is no one typical, detectable personality trait associated to an abuser. However, they do often display common characteristics.

- An abuser often denies the existence or minimizes the seriousness of the violence and its effect on the victim and other family members.
- An abuser objectifies the victim and often sees them as their property or sexual objects.
- An abuser has low self-esteem and feels powerless and ineffective in the world. He or she may appear successful, but internally, they feel inadequate.
- An abuser externalizes the causes of their behavior. They blame their violence on circumstances such as stress, their partner's behavior, a "bad day," on alcohol, drugs, or other factors.
- An abuser may be pleasant and charming between periods of violence and is often seen as a "nice person" to others outside the relationship.

**article & information from www.ncadv.org*

HAVEN HOUSE STATISTICS

(June-August OF 2016)

- Haven House provided services to a total of **104** unduplicated individuals.
- Emergency shelter services were provided to a total of **22** individuals (**4** adults + **18** children) equaling a total of **92** nights, **341** shelter beds, and **1,287** meals.
- 7 educational programs were provided to a total audience of **175**.
- Volunteers contributed a total of **1,719** hours.



amazonsmile
You shop. Amazon gives.

Already shop at Amazon?
Get 0.5% of your eligible purchases
donated to Haven House!

- Support Haven House by shopping at smile.amazon.com.
- When you create your free amazon smile account, select **Haven House Family Services Center** as your charity/organization.

VOLUNTEER SPOTLIGHT



Over the past quarter, our volunteer team has been growing, and we'd like to give a special acknowledgement to some new volunteers that have completed their Training as of September 8th! If you want to volunteer contact us today!

We would like to welcome
Halley Keeney & Emily Leeper
to the team!



VOLUNTEERS NEEDED

We need volunteers just like you to join our team.
YOU CAN MAKE A DIFFERENCE!

havenhousefsc.com/volunteer

Volunteers make all the difference in helping bring an end to domestic & sexual violence in Northeast Nebraska.

We have a variety of volunteer needs, and you can help as little or as much as you want!

Want to become a volunteer?

Contact us today! Call us at 402-375-5433 or email us at havenhouse@qwestoffice.net.



Haven House Extends Thanks to the Following Donors

We apologize if your name has been inadvertently omitted or incorrectly listed;
please contact us at 402-375-5433.

**IHO: IN HONOR OF *IMO: IN MEMORY OF*

Names are from donations between June 8th and August 31st.

INDIVIDUAL

Anderson, Brad Lee
Backer, Kara
Beebe, Lesliee
Bejerman, Carolyn
Berower, Helen
Bockenhauer, Linda
Burbach, Pat & Donna
Genewich, Mike
Geschke, Carolyn
Gwynn, Samantha
Hegemann, Kayla
Heimes, April
Herman, Molly
Keating, Bob
Keeney, Halley
Klein, Jolene
Kneifl, Mary
Knudson, Karen
Leise, Karen

Lipp, Amy
Lipp, Gerald
Maier, Charles
McAllister, Brenda
Miller, Chris & Rhonda
Ocampo, Kim
Olson, Sue
Olsufka, Jamie
Parke, Pricilla
Redding, Carlie
Reifenrath, Bobbie
Roberts, Veronica
Ruwe, Beverly
Schardt, Karen
Shapiro, Joan Sudmann
Stout, Helen
Svboda, Martha
Walz, Richard & Jan
Wortmann, Nancy
Wosladger, Tammy

BUSINESS

Brogan & Stafford Law Firm - Norfolk
Carlson Law Office - Randolph
Carney Law Office - Norfolk
Colonial Manor - Randolph
Farm Service Agency - Wayne
First Baptist Church - Wayne
First Lutheran Church - Allen
Morland, Easland,
Lohrberg Law Firm - Norfolk
Northeast NE Insurance Agency - Wayne
Prime Stop Gas - Wayne
Quality Foods - Wayne
Science Fiction Fantasy Club WSC
St Francis Catholic Church - Randolph
St Mary's Church - Wayne
Stratton, Delay, Doe, Carlson,
Buettner Law Office - Norfolk
United Lutheran Church - Laurel



Would you help us make this Christmas special for the families that we work with?
This holiday season, we have numerous families that you can adopt, and
make this an unforgettable holiday season for them.

For info about adopting a family please call 402-375-5433 or e-mail havenhouse@qwestoffice.net.

haven·house

WISH LIST

Due to limited storage, please call before donating any items not on the wish list.

We recycle cellphones, toners, ink cartridges, digital cameras, MP3 players, laptops and GPS systems to raise funds to assist with client needs.

Gas Cards	(8.5"x11" or 11"x17"-28 lb)	Cleaner (toilet, bathroom, house hold or drain)
Garbage Bags (kitchen size)	Glue Sticks	Disinfectant Wipes
Diapers: All Sizes	Snack Size Cereal	Shaving Razors
Baby Wipes	Fruit/Jello Cups/Snacks	Light Bulbs (65 & 100 Watt)
Tissues	Juice Boxes	Toilet Seat
Paper Towels	Stamps	Vinyl Mini Blinds (call for size)
Dish Soap	3-in-1 Car Seat	Step Stool (2 Steps)
HE Detergent	Scotch Tape for Dispenser	Barkeeper's Friend (powder kind)
Liquid Fabric Softener/Sheets	Batteries	Gift Cards
Toilet Paper	Gallon/Quart Sized Bags	(walmart/shopko/caseys)
Deodorant (women's)	Hair Conditioner	
Copy Paper	Dry Erase Markers	

OFFICE LOCATIONS:

P.O. Box 44 – 509 Dearborn Street – Wayne, NE 68787 – 402-375-5433

117 E. 28th Street- South Sioux City, NE 68776 – 402-494-7592

HAVEN HOUSE DONATION FORM

Name: _____ Home Phone: _____

Address: _____ Work Phone: _____

City/State: _____ Zip: _____

Email: _____

Your gift of \$25 provides one night of safe shelter for an adult and a child. How many nights can you provide?

___ \$1000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ \$25 ___ Other \$ _____

This gift is ☐ in honor of or in ☐ in memory of _____

May we list your name in the newsletter for donor recognition? ___ YES ___ NO

Please make checks payable to Haven House.

Your contribution will support services for survivors of domestic and sexual violence.

Haven House is a nonprofit agency. Gifts are tax-deductible within the extent of the law.

Federal Tax ID #47-0611454