

haven·house

Family Services Center

SPRING 2021

**24-HOUR
CRISIS LINE
800-440-4633**



Haven House is a United Way Agency

215 W. 2nd St. P.O. Box 44 * Wayne NE 68787 * 402-375-5433

117 E. 28th St. * S. Sioux City NE 68776 * 402-494-7592

Both offices open Monday through Friday, 8:30 a.m.-5:00 p.m.

Sexual Assault Facts and Myths

Sexual assault is any unwanted sexual contact or behavior that happens when a person is coerced, forced or manipulated into the activity. This can mean rape, child sexual abuse, intimate partner violence, and groping. Those that do sexually assault others do so to assert power and control over someone that can leave lasting emotional and physical trauma. It is always important to not that this serious crime is never the victim's fault. Here are some facts and myths regarding sexual assault.

Myth: Only women can be sexually assaulted.

Fact: Both men and women are sexually assaulted and the offender can be any gender, and of any sexual orientation. According to the Statista Research Department there were 406,970 female victims and 52,336 male victims of sexual assault or rape in 2019.

Myth: Women often falsely accuse men of sexual assault to get attention.

Fact: Most sexual assault reports are honest. According to the National Sexual Violence Resource Center only 2-10% of sexual assaults that are reported are false accusations. Many survivors of sexual assault do not report for fear of not being believed and scared of what the offender might do.

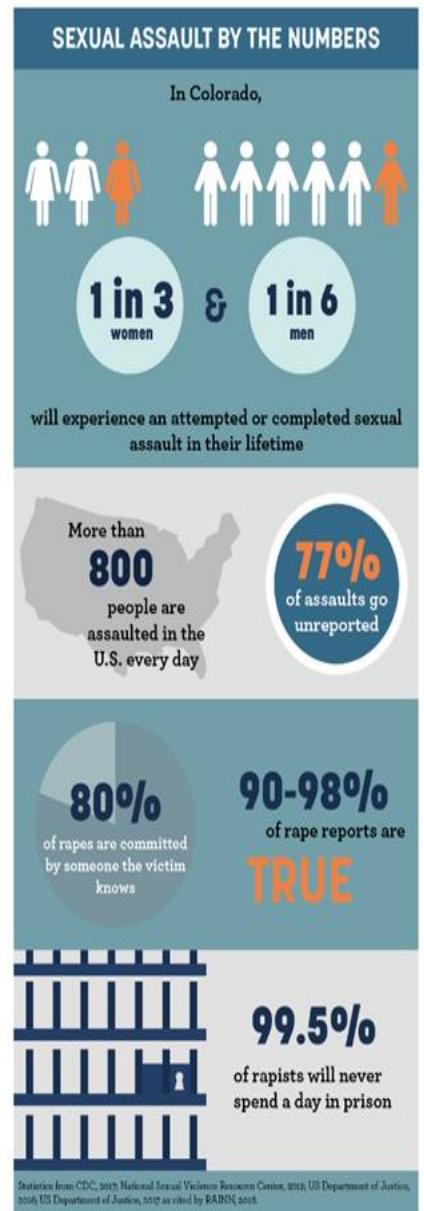
Myth: It's not sexual assault if you are a couple or married.

Fact: Unwanted sexual activity or behavior in any relationship is assault. About 8 in 10 victims of sexual assault knew their attacker whether that is a friend, spouse, family member, or coworker. The National Institute of Justice also states that due to this there becomes a failure to report which causes the general public and law enforcement to underestimate the extent of the problem.

Myth: If you are drunk or wearing revealing clothing, you are partially responsible.

Fact: Victims are never, under any circumstances, responsible or at fault for somebody choosing to assault them.

Sexual assault can affect victims in many ways including being in shock or denial, feeling afraid, silent, anxious, depressed, guilty and isolated. It can affect their confidence and cause them to have PTSD and flashbacks from the situation. In the past year, there has been a decrease in reporting due to Covid-19 restrictions and mandates. This, however, does not mean sexual assault or domestic violence has decreased but that victims feel trapped and are not in a safe environment to get help. If you or someone you know is afraid to report and you just want to talk to someone about what happened, call Haven House's 24-hour crisis line at 1-800-440-4633. Our office is open 8:30 am-5:00 pm Monday-Friday



#1 Sexual Assault Awareness Facts & Myths

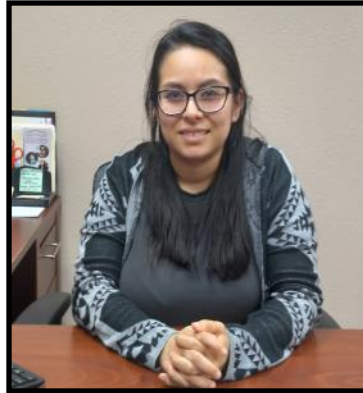
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New Faces



Enhanced Services Advocate –SSC

Julieta joined our team as the full-time enhanced services advocate at the South Sioux City office in March 2021. Julieta is finishing her degree at Wayne State College in human services and counseling.

She is excited to help the Hispanic community and use her knowledge to help survivors within the agency. Julieta and her husband have two children, a dog, and live in Sioux City, IA. During her free time, she likes to read, bake and play with her children.

Spring 2021 Interns –Wayne

Amber Bruegman

I'm Amber Bruegman from Bloomfield, NE. Currently a senior at Wayne State College, majoring in Human Services and Counseling. I'm working toward completing my a full time internship at Haven House. I continue to gain immensely beneficial experience regarding providing services and referrals to domestic and sexual violence survivors. Haven House is preparing me for a job in my preferred field. Photography is my favored hobby, and I often bring my camera with me on walks. I enjoy the company of my cat, Rusty, who expects attention right as I get home.



Nicole Green



Hi, my name is Nicole Green and I am a junior attending Wayne State College double-majoring in Criminal Justice and Chemistry. I am interning at Haven House as an advocate for those affected by sexual or domestic assault. This amazing opportunity will give me the give me the experience I am looking for to decide what I would like to do when I graduate. In my spare time I enjoy reading when I have the time and spending time with my

friends and family.

Staff

Debbie Goettsch.....Interim Executive Director
 Connie Reyes.....DV/SA Supervisor
 Tamara Torres.....Bilingual Advocate
 Kayla Johnson.....Shelter Manager
 Julieta Garcilazo.....Enhanced Services
 Scott Munsen.....Outreach Coordinator
 Maureen Carrigg.....Outreach Coordinator
 Amber Bruegman, Nicole Green.....Wayne Interns

Agency Happenings



Teen Dating Awareness Month Day of Action

Haven House staff in Wayne and South Sioux City wore orange on Tuesday, February 9th, 2021 to promote Teen Dating Violence Awareness Month. According to the CDC 1 in 10 teens will experience violence in a dating situation.

2021 Women United Siouxland United Way

Haven House received a Brighter Futures Grant of \$1885 to provide virtual learning facilities in our two shelters.



Winter Donations



Holy Trinity Preschool in Hartington donated baby goods and young adolescent necessities that were collected by the staff and students in celebration of Catholic Schools Week.

A big thank you to South Sioux City **E.N. Swett Elementary** for hosting a food drive for Haven House! During Kindness Week, they gave staff brown bags that said "What if we fed the hungry?" The staff returned the bags full of food



The **Siouxland Sampler Quilt Guild** made beautiful, warm quilts for our shelters and to distribute to our clients. We will store them for next winter.

Board of Directors

Laura Dendinger - President Ed Mahon
 Pat Browning - Vice President Susan Koranda
 Berenice Vallejo - Secretary Domenic Consoli
 Jeanie Sturm - Treasurer Cindy Uthof



HAVEN HOUSE RECEIVES \$20,000 GRANT FROM MARY KAY FOUNDATION

Haven House Family Services Center received a \$20,000 Domestic Violence Shelter Grant from the Mary Kay Foundation. Debbie Goettsch, Interim Director of Haven House, is grateful that the agency has received this grant twice in the past three years. Each year, The Mary Kay Foundation awards a grant to at least one domestic violence shelter in every state that applies. Any remaining funds are distributed based on state population. Applications are reviewed and recommended by the Domestic Violence Shelter Grant Committee.

The donation to Haven House will improve the safety features and layout of the South Sioux satellite office and allow the agency to help more clients.

Kim Halle, a local Mary Kay Ambassador, regularly visits Haven House with products and samples for the staff and clients. One of her clients described how Haven House helped her escape domestic violence. "They provided the needs of the heart to promote healing. She is eternally grateful to the women of Haven House for their resources, services, and kindness." Halle's describes Haven House as a refuge for her client's family.

Connie Reyes, SA/DV Supervisor, says the Mary Kay Foundation Domestic Violence Shelter Grants have been instrumental in updating and replacing safety items in our shelters. Haven House provided services for 340 clients and answered 1302 crisis calls during the last fiscal year. Our two shelters hosted 39 clients who stayed for a total of 790 nights

HEALTHY and HAPPY HOUR AT WAYNE STATE COLLEGE

Haven House participated in the Healthy and Happy Hour sponsored by WSC Student Health and Counseling Center. The event aims to bring different groups together to promote physical and mental wellbeing with a positive message. The theme for the event was healthy relationships which tied into Teen Dating Violence Awareness Month. Haven House set up a craft table, offered hot coffee or cocoa, and had an Instagram photobooth.

The photos that were taken during the event were posted to Instagram and the photo with the most likes won a Gift Certificate from Godfather's Pizza and a Haven House Prize package. Our Instagram activity increased over 60% over the course of the contest and we doubled the amount of our followers.



HAVEN HOUSE VEHICLE DONATION PROGRAM

Do you have a car you don't drive? Is it still running? Think about donating it to Haven House. You will benefit a local organization that helps survivors of domestic violence and sexual assault. You will receive a tax receipt and acknowledgement. Give us a call between 8:30-5PM at 1-402-494-7592 to discuss how a vehicle donation can help others.



«First» «Last»

«Organization»

«Address»

«City», «State», «Zip»

April is Sexual Assault Awareness Month

Thursday April 8 24 Hour Remote Day

The staff of KWSC-FM 91.9 The Cat WSC's college radio station will be out and about in Wayne and on campus to help raise awareness of Sexual Assault Awareness Month. It's part of a service learning project for the Radio Workshop Class. The 91.9 The Cat staff will be doing live breaks and you can tune in at 91.9FM on your radio or go to their webpage to listen on your computer



Tuesday April 6 Paint the Town Teal

Businesses in our service area will be decorating their windows with teal merchandise and wearing teal clothes to show support for sexual assault survivors. If you wear teal or have teal merchandise show support by posting to social media and using the hashtags **#tealtown21 #SAAM21 #havenhousesfc**

Wednesday April 28 Denim Day Campaign

Wearing jeans to work on April 28th for a donation to Haven House is a great way to support the sexual assault survivors in your community. If you work from home or can't wear jeans to work, you and your organization can still help families in your hometown by donating as a group to Haven House on April 28th, 2021. Look for our Denim Days Page on Facebook!

Show your support on Denim Day by posting on Facebook or Instagram with the hashtags #havenhousesfc, #denimindays21

