

Resources for Survivors of Domestic Violence and Sexual Assault

**January is Human Trafficking Awareness Month**

*By: Emily Putters; Norfolk Outreach Coordinator*

Human trafficking is a form of modern slavery. It is a multi-billion dollar criminal industry that denies freedom to 20.9 million people around the world.



And no matter where you live, chances are it's happening nearby; from the girl forced into prostitution at a truck stop, to the man discovered in a restaurant kitchen, stripped of his passport and held against his will. All trafficking victims share one essential experience: the loss of freedom. Human trafficking is the recruitment, transportation, or harboring of a person by means of force, fraud, or coercion for the purpose of sexual exploitation or forced labor. Each year in the United States alone 14,500-17,500 victims are trafficked. Eighty percent of trafficked victims in the United States are female and fifty percent are minors. Some signs that someone is being trafficked include: lack of official identification papers or cards such as driver's license or passport, vague answers about their situation, no eye contact, no control of their money, malnourishment, signs of physical abuse such as burns, bruises, broken bones or teeth, signs of depression or PTSD, signs of drug or alcohol addiction, and tattoos of types of branding. Once they are a victim of human trafficking, it is very hard to get out. Some reasons why victims do not reach out for help include language barriers, fear of the traffickers harming them or their family, and fear of threats the trafficker has told them. Many people believe this is only happening in foreign countries or big cities, but the truth is victims are being trafficked right here in Nebraska. If you have any suspicions of human trafficking please call the National Human Trafficking Hotline 1-888-373-7888 or your local law enforcement. For further information and resources please visit Homeland Security-Blue Campaign.

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**Board of Directors**

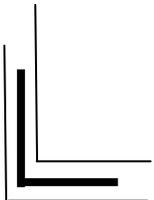
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# Volunteer Spotlight

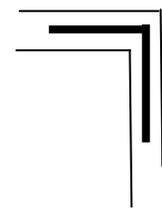
Kris Harvey is one of our dedicated crisis line volunteers. She enjoys being able to help people and knows that everyone can use a helping hand in life. Kris is an O'Neill native and a St. Mary's High School graduate. She is married to John and together they have five children and a daughter-in-law. Kris has worked at Pinnacle Bank for 24 plus years as a teller/marketing/loan assistant. Kris is very active in the community. She is the president of the O'Neill Business Boosters, and a board member with the Holt County TeamMates, along with being a mentor the past 7 years.



We want to thank Kris and all of our volunteers for putting in their personal time. It's a great help to us at Bright Horizons and we greatly appreciate all that they do. If you or anyone you know is interested in volunteering, contact one of our advocates today at: 402.336.1774 or 402.379.2026 or 402.382.5676.



*We rise by lifting others.*  
*- Robert Ingersoll*



## National Law Enforcement Appreciation Day

*By: Ruthie Kollmar; Norfolk Criminal Justice Liaison*

National Law Enforcement Appreciation Day was on January 9, 2018: A day to show the men and women in law enforcement how much we value them, their service and protection of our communities.

To honor the law enforcement officers in our 10-county service area, and to bring attention to this day and encourage the public's participation, Bright Horizons created a press release for service-area newspapers and for our Facebook page. Bright Horizons staff delivered bags of treats to all the law enforcement agencies in our service area and personally thanked them for their service to our communities.

The staff at Bright Horizons would like to say "THANK YOU" to all law enforcement! We appreciate the hard work that you do.



## Adopt A Family 2018

*By: Christy Lee; Norfolk Program Director*

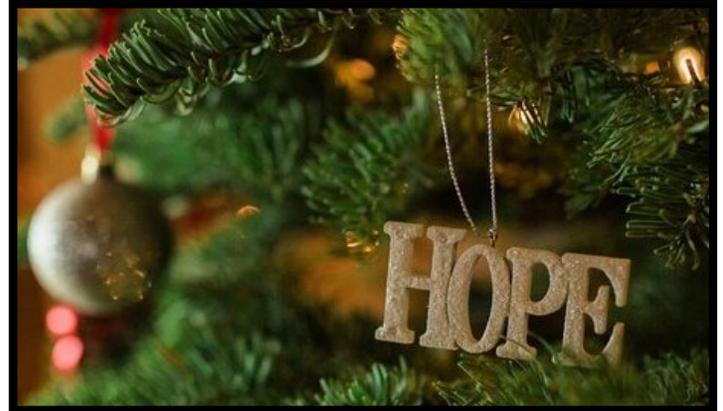
Through the compassion of our communities, many families found themselves actually celebrating the holidays and feeling a little less of the pressures of life.

When families flee domestic violence, many times they leave with only what they have on. Between deposits, first month's rent, groceries, and starting over, many simply do not have the financial means to purchase Christmas gifts. For a survivor of domestic violence, sometimes the holidays can be a stressful time. The Adopt A Family program shines a ray of hope for those victims.

I am proud to share that the Norfolk Office assisted 43 families including 92 children, the Ainsworth Office assisted 2 families and 15 families from the O'Neill office were the very thankful and happy recipients of your generous donations.

While we love the opportunity to facilitate this project, our supporters are truly who make it happen.

Thank you doesn't feel adequate, but **THANK YOU** to everyone that donated to our Adopt-A-Family program in 2017. Your thoughtfulness has made an unforgettable impact.



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## Stalking Awareness Month

*By: Emily Putters; Norfolk Outreach Coordinator*

January has been designated as National Stalking Awareness Month. Stalking is a very dangerous crime that affects millions of people each year. Stalking is a repeated harassing or threatening behavior by an individual. It can range from following a person, showing up at a person's home or place of work, to making harassing phone calls, sending messages, and/or e-mails.

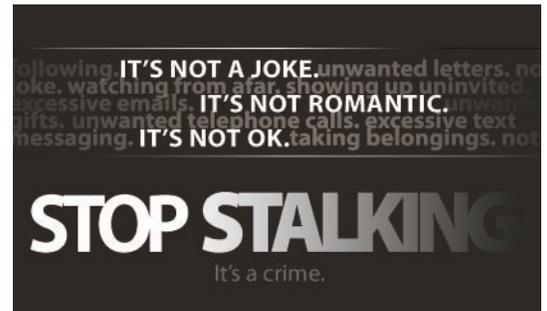
Stalking is a crime in all 50 states and the District of Columbia. Anyone, regardless of race, religion, gender, sexual orientation, or socio-economic background, can become a victim of stalking. It is estimated that 1 in 12 women and 1 in 45 men will be victims of stalking in their lifetime.

Stalking is difficult to recognize, investigate, and prosecute. Stalking is not a single act; it is a series of events directed at one person that causes that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted cards, calls, gifts, or visit. One in four victims reports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities.

According to The National Center for Victims of Crime:

- 6.6 million people are stalked in one year in the United States.
- The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner.
- More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.

Bright Horizons offers free and confidential service. If you would like more information on stalking contact us at our Norfolk office 402.379.2026, O'Neill office at 402.336.1774, Ainsworth office at 402.382.5676 or at our 24 hour hotline at 1.877.379.3798.



## Organizing For Change

By: Celeste Guzman; Transitional Shelter Advocate

In December both of our bilingual staff members Yajaira and Celeste, got to attend a training in Omaha. The training “Organizing for Change” was a round table discussion that followed a 3-part series of webinars. This training was Organized by ASISTA, in collaboration with the Nebraska Coalition to End Sexual and Domestic Violence, the Heartland Workers Center, and the Mexican Consulate. The main topic of the webinars and the training was sexual violence against immigrant women in the workplace. Throughout the webinars it was discussed what can be done, exploring collaborations, and expanding resources. At the training there were advocates who work with survivors of domestic violence and sexual assault, labor organizers, people from the Department of Justice (DOJ), accredited immigration legal representatives, immigration organization attorneys, and advocacy organization attorneys. During the round table training in Omaha they had the opportunity to meet and work in groups. During the group sessions they were able to help develop goals to work with in their regions to be able to collaborate better together, to help immigrant workers who are experiencing sexual violence in their workplace. A training curriculum specific to the issues talked about at the training is currently being developed.

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## Building & Enhancing Criminal Justice Responses to Battering

By: Tracy Baker; O’Neill Criminal Just

Ruthie and I got to go to Mesa, Arizona for a training put on by Praxis International on December 5 through December 7, 2017. The training was called Building & Enhancing Criminal Justice Responses to Battering. With this training we learned how to facilitate our CCRT (Coordinated Community Response Team) meetings. They taught us how to better our community response process. We had the privilege to meet people from all over the United States that work in the same line of work that Ruthie and I do. Being able to network with others is a great way to learn more ways to serve our victims. My highlight of this training is when a woman named Sandra Pilgram-Lewis spoke at the supper that we attended. Sandra is a social change advocate across multiple systems and geographical areas for 40 years. She marched in the south speaking out against racial discrimination during the civil rights movement and started as a volunteer to end violence against women in the early 70’s. Sandra is currently a Project Manager with the Michigan Domestic and Sexual Violence Prevention and Treatment Board working to increase access and support for culturally specific and underserved communities. From this training we will be bringing back a better knowledge on how to help victims that are going through the court system. All in all the training was very beneficial and we are so grateful that we got this opportunity.



**Help us save some trees and cut some cost by signing up for the newsletter by email! Please contact Emily at [emily@brighthorizonsne.org](mailto:emily@brighthorizonsne.org) to add your name to the email list!**



# February is Teen Dating Violence Awareness Month

By: Tori Thramer; O'Neill Outreach Coordinator

What words do you use to describe a healthy relationship? Healthy relationships are based on equality, respect, boundaries, open communication, trust, and commitment. No relationship is perfect and of course there will be ups and downs but there is a fine line between healthy, unhealthy, and abusive. Unhealthy/abusive relationships can include name calling, control, isolation, intimidation and threats, physical violence, pressuring someone to do something they are uncomfortable with, and sexual assault. This month was all about prevention! We reached out to high schools to talk to youth about what each type of relationship looks like. Our goal is teach others about the warning signs of abuse and what to do if they need help.

## Did you know that...

- 1 in 3 teens experience sexual or physical abuse from a girlfriend or boyfriend each year
- Social norms play a big role in dating, domestic, and sexual violence and violence prevention
- You can change the norms, attitudes, and behaviors that contribute to violence

Maybe someone you know is in an unhealthy or abusive relationship. **What do you do?...**

- Get the facts - educate yourself on dating, domestic, and sexual violence
- Take a stand - if you see it, say something
- Never blame the victim - no one deserves to be abused
- Listen - give the victim space and time to tell their story

Love Is Respect

You deserve to feel happy and safe in your relationship. If things don't feel right, reach out to one of our advocates. It's free, confidential, safe, and non-judgmental.

Chat with an advocate:  
call 1.877.379.3798  
OR  
Check our website out  
[www.brighthorizonsne.org](http://www.brighthorizonsne.org)

Find us on Facebook and Twitter

TEEN DATING VIOLENCE AWARENESS MONTH

BH  
Bright Horizons

For more information check out:

[stepupspcakout.org](http://stepupspcakout.org)

[loveisrespect.org](http://loveisrespect.org)

[breakthecycle.org](http://breakthecycle.org)

## Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call the Norfolk, O'Neill, or Ainsworth office.

# Project Homeless Connect -Save the Date-

By: Lacy Kimes; Norfolk Housing Supervisor

We are proud to announce that our 2nd Annual Project Homeless Connect Norfolk (PHCN) will be held on Friday, June 22, 2018 at Norfolk Senior High School from 1:00-5:00 p.m. Our first year was a huge success; 300 homeless and near homeless individuals received services from 40 area agencies. We look forward to adding more services this year and we anticipate a larger crowd. Guests were overwhelmed and excited to receive free immediate services that would otherwise take them months to secure.



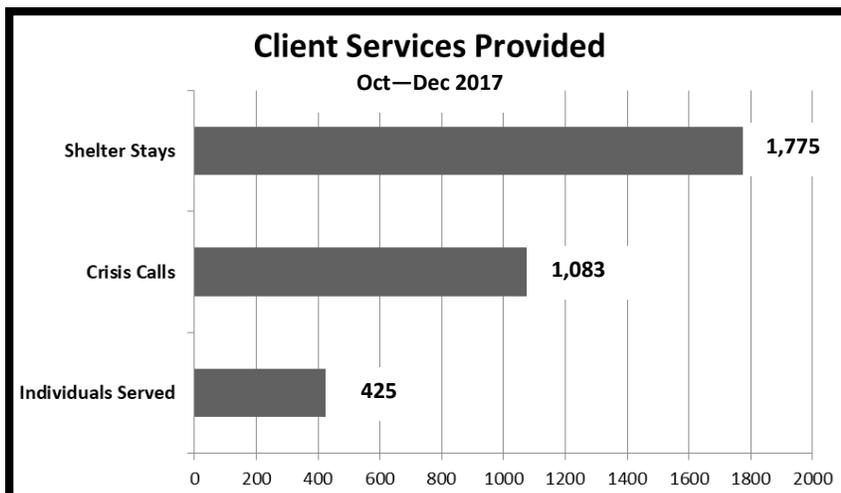
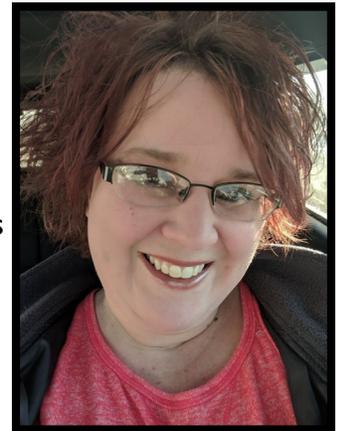
PHCN is now accepting applications for volunteers, which can be found on the PHCN Facebook page and website, [www.projecthomelessconnectnorfolk.org](http://www.projecthomelessconnectnorfolk.org)

PHCN encourages individuals and groups to sign up for a unique opportunity to give back to their community. PHCN is also still accepting commitments for sponsorship. Different levels of sponsorship are available and this will help our team to provide even more services to those in need. If you have questions about volunteering or how you can become a sponsor, you can contact Lacy at Bright Horizons.

**~Project Homeless Connect...A community response to a community problem.~**

## Meet Our Newest Staff Member!

My name is Kathryn Carlson and I am the new part-time shelter advocate for Bright Horizons. I currently live in Osmond Nebraska with my two dogs, Baby and Shadow. I attend University of Nebraska Omaha working on my master's Degree in Criminal Justice and Counseling. I received my bachelor's Degree from Peru State in Criminal Justice and Psychology. I work at Big John Manufacturing full time as a bookkeeper. I have been a Court Appointed Special Advocate (CASA) for Northeast Nebraska for the past 5 years as well as serving on their Board of Directors for the past 2 years. My free time is spent with my dogs and family. I have two nieces (Emma and Cadence), two nephews (Ethan and Owen), one grandson (Savion), and two granddaughters (Mariah and Natasha). I have lived in the Norfolk area for the past 11 years, also having lived in Omaha, St Paul Minnesota, and Craig Nebraska. I'm excited for the opportunity to work for Bright Horizons!



#### NOTE:

These numbers are unduplicated. This means if we worked with a victim 6 times in one month, we only count him/her ONE time for that month.

# Last Quarter Supporters of Bright Horizons

Adam Halsey	Lori Sievers	Delphians	Spencer Altar Society
Alice Marx	Marian Roberg	DHHS Child Support Services — Norfolk	St. John's Christian Mothers
Amy Ries	In Honor of Mary Gibson	DOES—Ainsworth	St. John's Lutheran Church—Randolph
Ann Kurpgeweit	(Ira Hischfield & Tom Hansen)	Episcopol Church—Bassett	St. John's Lutheran Wings Ministry—Battle Creek
Bill McCabe	Mike & Suzi Chipps	First Presbyterian Mission Committee—Norfolk	St. Mary's Altar Society—Butte
Bonnie Friesen	Molly Zimmerman	Happy Heart Yoga—Pierce	St. Mary's Church—Spencer
Brenda Schmidt	Orlin & Carol Olson	Healing Touch Diabetes & Wellness Clinic—Norfolk	St. Peter's Altar Society—Norfolk
Brenda Worden	Pauline Waldo	Hope Congregational Church — Naper	St. Peter's Christian Mothers—Ewing
Catherine Dexter	Rebecca Lingenfelter	Henningson Foods Inc.	St. Peter & St. Paul Altar Society—Butte
Carol Cruise	Robert & Karla Lindsteadt	JC Penny's—Norfolk	Steven Ministry First United Methodist Church—Norfolk
Carol Dubinsky	Ryan & Karissa Zwingman	LWML Northeast NE District	Sunrise Floral & Gift
Carol Plate	Sandy Finley	Norfolk Catholic 1st & 5th Graders	Sunset 2nd Hand Store—Ewing
Dale Beckman	Skylar Kelly	Northeast Community College Adult Education Program	Tabor Lutheran Quilters—Wausa
Dale Primrose	Stacy Yagow	Northeast Community College Cox Activities Center Faculty & Staff—Norfolk	The Church of Jesus Christ of Latter Day Saints—Norfolk
David & Julie Wehrle	Steve & Brenda Kimes	O'Neill FCCLA	The Evergreen Assisted Living—O'Neill
Donna Vice	Sue Hoke	Our Lady of Mt. Carmel Catholic Women—Tilden	Union Bank—Ainsworth
Holly Pospichal	Susan Schrunk	Pizza Hut—Ainsworth	United Methodist Women—
Jane Jessen	Trish Wingare	Presbyterian Women—Norfolk	West Boyd School FBLA Chapter—Spencer
Janice Vosler	Vonnie Thramer	Priscella Society	Women of Trinity Episcopal Church—Norfolk
Jayne Linse	American Veterans Department of Nebraska—Norfolk	Randolph Public School	
Jim and Nola Sullivan	BKR Home Economists Extension Club	Rosary Sodality	
Jim Reedy	Brown County Hospital	Satellite Rotary Club	
John & Pat Widner	Christ Lutheran Church—Wisner		
Joyce Huston	City of Norfolk Education Association		
Karen Haselhorst	Concordia Ladies Aid—Clearwater		
Karen Larsen			
Kim & Theodore Neiman			
Lois Whiting			

*Thank you*

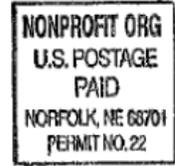
## Bright Horizons Shelter Wish List

Paper Good Supplies  
 Cleaning Supplies  
 Air Fresheners  
 Disinfectant Wipes/Spray  
 Dish/Laundry Soap  
 Fabric Softener  
 Trash Bags— All sizes  
 Light Bulbs 40-60 Watt  
 Hand Soap  
 Food Items  
 Bottled Water  
 Zip-Lock Bags/Tupperware



Bedding (Twin & Full)  
 Storage Totes  
 Ice Melt  
 Coffee, Filters, & Creamer  
 Gift Cards (Grocery, Gas, etc.)  
 Baby Care Items  
 Disposable Diapers  
 Baby Wipes  
 Baby Formula  
 Hygiene Products  
 Over The Counter Medications  
 First Aid Supplies

Bright Horizons  
Resources for Survivors of  
Domestic Violence and Sexual Assault



Norfolk Office  
601 E Norfolk Ave  
Norfolk, NE 68701  
(402) 379-2026

O'Neill Office  
318 E. Douglas St.  
O'Neill, NE 68763  
(402) 336-1774

Ainsworth Office  
938 East Zero St  
PO Box 313  
Ainsworth, NE 69210  
(402) 382-5676

Crisis Line  
1-877-379-3798



[www.brighthorizonsne.org](http://www.brighthorizonsne.org)

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Emily at 402-379-2026 or at [emily@brighthorizonsne.org](mailto:emily@brighthorizonsne.org)

**Ask Us About Becoming a  
Volunteer!**

## Bright Horizons Services

- 24 Hour Crisis Line
- Community Education
- Individual Advocacy
- Criminal Justice & Legal Advocacy
- Emergency Shelter
- Support Group

**24 Hour Crisis Line 1-877-379-3798**

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce,  
Stanton, Brown, Rock, and Keya Paha counties.**

## Upcoming Events:

See our flyers! Save the Date!

Denim Days—Throughout the month of April

9th Annual Awareness Walk—April 26th

People Helping People Resource Fair in Ainsworth—April 10th

Project Homeless Connect—June 22nd

8th Annual Garage Sale—July 26th

Women's Wellness Event in O'Neill—September 27th