

April is Sexual Assault Awareness Month

By: *Emily Putters; Norfolk Outreach Coordinator*



Sexual assault is defined as any unwanted sexual contact, and DOES NOT require penetration. Examples include fondling, attempted assault, and rape. Sexual assault is an attack to inflict physical and emotional violence and humiliation on the victim. It is not about uncontrollable sexual urges. The perpetrator exerts power and control using sex as the weapon. This can be done through force, coercion, threats, manipulation, or by using alcohol or drugs to increase the victim's vulnerability. Anyone can be a victim: women, men, children of all ages, races, economic and education levels, and in any community. Approximately 80% of all assaults are committed by someone known to the victim. It can be important to seek medical care after a sexual assault. You should be examined/ treated for injuries and sexually transmitted diseases (STI's). Medical professionals are required by law to report sexual assault cases. However, the decision to make a formal police report is yours. People are often hesitant to report the assault. Many fear that they won't be believed or that they will be blamed for the assault. Others may feel that the experience is too personal to share with strangers or fear their anonymity will not be protected. If you are considering reporting to police, a forensic exam can be done to collect evidence, usually within 24-36 hours from the time of the assault. Reporting can be difficult, scary, and embarrassing. It is not unusual to be confused about details and the order of events. A traumatic event often makes it difficult to remember things clearly. It is important that if you decide to report, to give law enforcement as much detail as you can remember. Know that there are advocates who can support you through this process through your local domestic violence/sexual assault agencies. There is no wrong way to respond to a sexual assault. When people are afraid, in shock, or caught by surprise, their bodies respond in all kinds of ways. Freeze, appease, and disassociating are common ways someone might respond. There are many reasons why a victim doesn't fight back in these situations. Whatever you did to survive is OK. If you are a victim of sexual assault, then you are experiencing a crisis. Like any crisis victim, you will experience feelings that are not within the normal scope of emotions. Feeling guilty or blaming yourself is an effort to gain some control over a situation that was uncontrollable. No matter the situation, this was not your fault. **NO ONE DESERVES TO BE SEXUALLY ASSAULTED.**

Source: Nebraska Coalition to End Domestic and Sexual Violence

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Volunteer Spotlight

April is Volunteer Appreciation Month and volunteers are a huge part of our agency! We would like to give a big shout out to all of our amazing and dedicated volunteers for all the hard work they do!

WE APPRECIATE YOU!

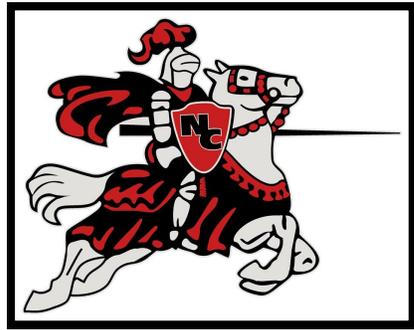
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A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen, and a hand willing to help others.

Bright Horizons would like to thank Travis Fisher and Norfolk Catholic High School for choosing our agency as one of their sites for their school community day! On April 27 staff and students spent the afternoon helping us clean up our office and shelter sites outside, as well as office work inside.

Bright Horizons sincerely appreciates all of your hard work year after year!



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.

Start By Believing

By: Christy Lee; Norfolk Program Director

Bright Horizons held our 9th Annual Awareness Walk April 26th at Sunset Plaza Mall. With nearly 100 people registered we kicked off our Start By Believing campaign.

Start by Believing is an awareness campaign focused on the public response to sexual assault, because the first person a victim confides in is typically a friend or family member. How that person reacts determines in large part what happens next. A positive reaction can improve victim's well-being, and increase the chance that they will report to law enforcement and reach out for help from other sources. Yet, it is also designed to improve professional responses as well.

What to say if someone confides in you:

“I’m sorry this happened. I am here for you.”

“It’s not your fault.”

“What can I do to support you?”

“Do you want me to go with you to the hospital or police station?”

Even with the best of intentions, “why” questions can sound accusatory and make survivors blame themselves.

The Start By Believing campaign was launched in 2011. Within less than seven years, the campaign has been adopted by hundreds of communities in the U.S. and around the world. While it looks different in every community, the message is always the same: When someone tells you they were raped or sexually assaulted, Start By Believing.



SafeBar Alliance

By: Emily Putters; Norfolk Outreach Coordinator

Our outreach coordinators Tori and Emily recently partnered with our local health departments, North Central District Health Department and Elkhorn Logan Valley Health Department, to bring Safebar Alliance Trainings to bars in our service area. We are grateful for the opportunity to present this training alongside our health departments and their Responsible Beverage Server Trainings. SafeBar Alliance originated from the Sexual Abuse and Trauma Care Center out of Lawrence, KS. SafeBar Alliance provides education, bystander intervention training, and free promotional items to participating bars and drinking establishments. Its goal is to keep both bar staff and patrons safer from predatory behavior, harassment, and sexual assault. Bar staff and patrons often witness alarming behaviors and are able to take action that can prevent sexual violence from happening, or help connect victims to the support and resources they need. The SafeBar Alliance training builds upon the skills and experience bar staff already have and educates them about sexual violence myths, consent, and drug and alcohol-facilitated sexual assault. It also gives staff strategies to help them safely deescalate or intervene in a potentially unsafe situation, and to become more confident in making these important decisions quickly. Because every bar has a unique staff, atmosphere, and clientele, each bar will discuss an individual intervention strategy that best meets their particular needs. Bar staff learn about how to utilize community resources like Bright Horizons who provide resources for survivors of domestic violence and sexual assault. A SafeBar rep from each bar will help the bar stay connected to Bright Horizons, and to other bars in the SafeBar Alliance. Through this network, we work to make the prevention of sexual violence both a priority of individual establishments and a value of the entire community. Good things happen when we create an environment where everyone is working together and looking out for each other. If your bar or drinking establishment is interested in becoming part of the SafeBar Alliance, please call either Tori or Emily to schedule a training! Again, we would like to thank the North Central District Health Department and Elkhorn Logan Valley Health Department for their cooperation!



Drug Recognition and Safety

By: Felicia Rath; Campus Advocate

In April we were privileged to have Deputy David McCart from the Madison County Sheriff's Department present a Drug Recognition & Safety Training to us. We were able to view and identify some of the most common drugs found in the United States, the dangers behind each, and the effects they have on the user. **Did you know:** Even a little exposure to some hazardous drugs can be highly absorbed? This is why it is extremely important to take precautions before handling any type of drug. National studies show that 74-90% of women in substance abuse treatment had experienced severe domestic and/or sexual violence from a partner in their lifetime, which is why this training was so beneficial to us. It is not uncommon to see victims use to cope with the trauma they have been through or that their abuser is using illegal drugs or alcohol as a means to control their victim. Our jobs as advocates is to ensure their safety and assisting them in finding resources that fit their needs such as substance abuse treatment.

Safety Tips:

- *Be aware of your surroundings
- *Think hazardous material
- *Always wear protective clothing and gloves
- *Know the potential lethality of the drugs
- *If you begin to feel ill, stop and seek care immediately



We would like to thank Deputy David McCart for extending us his knowledge on this very important topic!

International Conference

By: Jamie Drahota; Fiscal Manager

Lacy Kimes, Norfolk Housing Supervisor and I had the opportunity to attend the International Conference on Sexual Assault, Domestic Violence, and Gender Bias in Chicago, Illinois the first week of April. All three days of the conference was packed with dynamic speakers, the latest topics, fascinating panels, and the opportunity to meet amazing people working to end gender-based violence.

We also had the chance to celebrate the 3rd Annual Start by Believing Day. Start by Believing Day provides an opportunity for communities across the country, and around the world, to unify with a single voice for those who have been the victims of sexual violence- We Hear You; and We are here to help. This was a truly remarkable day! It was neat to be there because EAWW launched Start by Believing in Chicago seven years ago.

We enjoyed Chicago while learning new information, sharing strategies and connecting with other advocates and agencies. We are grateful for this opportunity to continue to grow as advocates!



Ladies Night Out

*The 11th Annual
Women's Wellness Event*
When: 5:30pm-8:30pm
Where: O'Neill Community Center

9.27.18

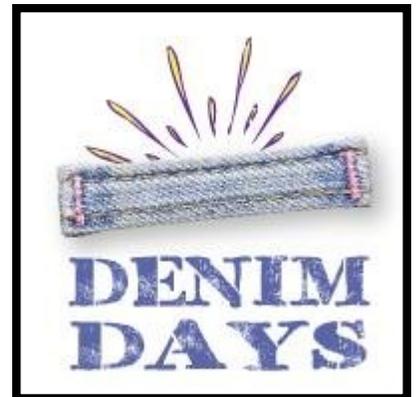
Save the Date!



Denim Days

By: Tori Thramer; O'Neill Program Director

During the month of April, the O'Neill office worked hard on promoting our Denim Day's fundraiser in conjunction with Sexual Assault Awareness Month. The Denim Day's fundraiser came about after a ruling by the Italian Supreme Court where a rape conviction was overturned. This happened because the justices felt that since the victim of the assault was wearing a pair of tight jeans, that she must have helped the rapist remove them, which thereby implied consent. This triggered women in the Italian Parliament the next day to show up to work wearing jeans in solidarity with the victim. People all over the world have taken part in the awareness activity. We at Bright Horizons have also joined the fight against sexual assault by using the denim days a way to raise awareness in our area. This is such a fun fundraiser for not only us, but for all who participate. It's a great incentive for people to dress casual for a cause! We are astonished and extremely thankful with the amount of participation we have had this year. Over 40 businesses and individuals took part in the awareness by either donating to the cause and/or wearing jeans in support! We want to thank everyone for the support, not only during the month of April, but for all the times we are gifted with donations. Thank you again, it was a great time raising awareness with all of you.



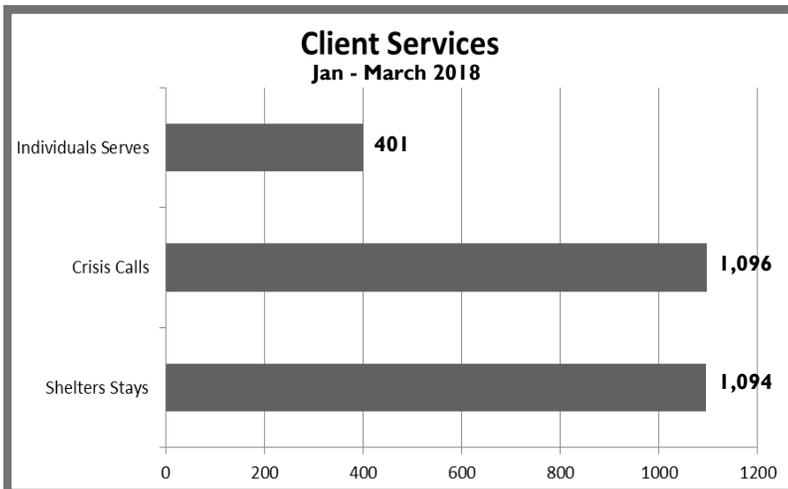
Meet Our New Employees!



Hello! My name is Laura Jimenez, I graduated from Norfolk Senior High in 2011. I graduated from Northeast Community College with an Associate of Arts Degree in Business Administration! When I was offered the Transitional Shelter Advocate position I was very excited to start the job and really gain knowledge about domestic violence and sexual assault victims. What I love about this job is being able to make a difference in peoples lives and witness survivors grow and become independent after such trauma.

Hi! My name is Felicia Rath, and I am the new Campus Advocate. I am a dedicated mother to 4 amazing kids. I have worked in an Assisted Living Facility for the last 10 years and was ready for a change. I graduated in 2016 from Northeast Community College with my associates degree in Behavioral Science. I am excited for this opportunity with Bright Horizons and look forward to learning more about domestic violence and sexual assault and helping spread awareness.

Hello from Ainsworth and Elaine Ginter, the very grateful new Program Director. I grew up on a Brown County ranch, attended Wayne State College, and owned an Ainsworth business as we raised two sons. After earning a Bellevue University Bachelors of Professional Studies degree I worked in mortgages, finance and sales/marketing in the Pacific Northwest. I also volunteered and weekly facilitated small groups empowering women in recovery. In 2014 I earned a Health and Wellness Certification and most recently served as the on-site 24/7 House Director for a women's Transitional House. My greatest love is serving others so I am excited to be able to support those needing 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

Ann Sheldon	Alpha Delta Kappa Sorority—Norfolk	Good Life Counseling & Support, LLC	Sidak Feed & Trailer Sales
Carol Dubsky	Alpha Nu Sorority—Norfolk	GPS Bank	Special T's
Carolyn Simon	Anson Electric	Great Western Bank	State Farm
Cheryl Higgins	Behavioral Health Specialists	Hair Junction	Stephen Ministry
Coleen Bressler	Bethany Church—Ewing/Chambers	Henningsen Foods, Inc.	St. John's Lutheran Church—Battle Creek
Connie Sheldon	BG&S Transmission	Heritage Financial Services, LLC	St. Joseph's Catholic Church—Pierce
Dave & Linnea Caauwe	Black Cow Fat Pig	H&R Block	St. Mary's Alter Society—Spencer
Dawn Kucera	Bollwitt Farm	Jerry's Hilltop	St. Mary's Quilters—Leigh
Dolores Steffen	Butte State Bank	JC Penny	St. Mark's Lutheran Church ECLA—Bloomfield
- In Honor of Glenna Hansen	Canham Maytag	Kaczor Cattle	St. Michaels Church—Spencer
Eldon & Mary Davies	Cargill Inc.	Kaup's Insurance & Investments	St. Wenceslaus Catholic Church—Verdigre
GiGi Farner	Casey's—O'Neill & Neligh	Kimes Financial Services, LLC	Strope & Gotschall
Janette VanHorn	Catholic Daughters—Norfolk	Model Electric, Inc.	Subway
Jared Wolf	Chesterfield West	New 2U Community Thrift Store—Tilden	Sunset Plaza
Jean Weiland	CPQG—Norfolk	Norfolk Junior High SOAR Club	Sunset Secondhand Store
Jenn Timmerman	Custom Sports	Norfolk Iron & Metal	Taco Johns
Jill Olsen	Dr Pepper & Snapple Group	Norfolk Transmission & Muffler	Thabor Lutheran Church Ladies Group—Wausa
Joan Hagedorn	DW's Pub	Our Savior Lutheran Quilters—Norfolk	The Ewing Bank
Juan Sandoval	Elkhorn Valley Family	Oasis Counseling	The Willows Assisted Living
Judy Arlt	Elm's Motel	O'Neill Elementary	Thriftway
Keith & Linda Rabe	Emerick Goldenrod Juniors	O'Neill High School	Torpin's Rodeo Market
Liz Degroff	Ewing Family Food	O'Neill Pharmacy	TREDAS
Marian Roborg	Ewing & Feed Supply	Peace United Church of Christ Women's Fellowship—Tilden	Trinity Episcopal Church—Norfolk
Monty & Katie Wilson	Ewing Public School	Pinnacle Bank	Trinity Lutheran Church Ladies Aid—Madison
Nancy Schmitz	Farm Bureau Financial Services	Pump n' Pantry	Tyson Fresh Meats
Rachel Flannery	First Congregational UCC—Norfolk	Quality Alignment	United Methodist Church—Meadow Grove
Randy Kaczor	Fox's	Red & White Grocery	United Methodist Presbyterian Church—Ewing
Robert & Reyne Viergutz	Fresh Salsas Mexican Grill	Reiser Insurance	United Methodist Women—Meadow Grove
Terry Hamilton	Frontier Bank	Renewed Hope Christian Community	United Methodist Women—Page
Tom & Marilyn Caahwe	Fry Brothers	Revelation Wellness	Voc Rehab
Tracy & Cindy Prater	GFWC Clarkson's Women's Club—Clarkson	Rodeo Market	
Vicki Bollwitt	Go Figure Fitness & Tanning	Ryan's Truck & Tractor	
Wanda Kahloff	Gokies		
A To Z Messaging			
All in One, LLC			

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

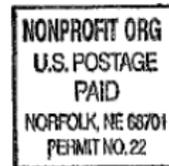
Bright Horizons
Resources for Survivors of
Domestic Violence and Sexual Assault

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

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

**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:

Project Homeless Connect—June 22nd
Jennifer's Memorial Walk—July 21st
Family Fit n' Fun—July 21st
8th Annual Garage Sale—July 26th

See Our Flyers For More Details!

Don't forget to sign up to get the newsletter electronically by emailing emily@brighthorizonsne.org!

Also find us online and on Facebook!