

Resources for Survivors of Domestic Violence and Sexual Assault

Teen Dating Violence Awareness Month

By: Emily Putters; Norfolk Outreach Coordinator

Teen Dating Violence is repeated verbal, emotional, physical, or sexual abuse used to frighten, hurt, and control a girlfriend or boyfriend.

Did you know?

- 1 in 3 teens in the U.S. is the victim of physical, sexual, emotional, or verbal abuse by a dating partner, a figure that far exceeds other types of youth violence including bullying.
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence (almost triple the national average).
- Violent relationships in adolescence can have serious ramifications by putting victims at higher risk for substance abuse, eating disorders, risky sexual behaviors, and further domestic violence.

Some warning signs can include the following:

- Not letting you hang out with friends or participate in school activities
- Spreading rumors or gossip about you
- Repeatedly texting, calling, or posting/messaging you on social media
- Posting or sharing private pictures of you with others
- Pressuring you for sex by threatening to ruin your reputation

If you don't think you are in a healthy relationship **get out, get help, and speak out.**
If you don't think your friend is in a healthy relationship **step up and speak out.**

No one deserves to be emotionally, sexually, or physically hurt!

Check out LovelsRespect.org, Step Up Speak Out, Break the Cycle, and That'sNotCool.com for more information!

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Volunteer Spotlight

Carolyn Nagengast has been volunteering with Bright Horizons since August 2018 as part of a internship through her senior year at Bloomfield High School. She first heard of our agency through an FCCLA conference where Bright Horizons presented. Carolyn enjoys reading, cooking, and spending time with family and friends. She is the youngest of four siblings and loves getting the chance to go visit them in Seattle and Ann Arbor when she can. She is also an avid animal lover and has lots of pets, including a bulldog named Winnie. Carolyn has an interest in climate change and plans to pursue that in her future college career. She states, "Bright Horizons has opened my eyes to the struggles that survivors go through, but also shown me how generous people can be." We want to thank Carolyn for her time volunteering at Bright Horizons, she has been a wonderful help! We also wish her the best in pursuing her dreams in the future!



You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.

-Jane Goodall

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.

Adopt A Family

By: *Emily Putters: Norfolk Outreach Coordinator*

Each year Bright Horizons has hosted the Adopt A Family Program... and each year we get a glimpse of how truly generous our communities that surround us are. Thanks to a record number of donations we were able to provide Christmas gifts to 73 families through Adopt A Family this year! We are incredibly grateful for all your help and support making this a joyous season for so many families in need. Without you it wouldn't be possible for us to help as many people as we have celebrate the wonder and joy of the season.



Adopt A Family Sponsors

- | | | |
|--|------------------------------------|---|
| Carm Thramer & Family | Allan & Vanessa Steinkraus | Beth Larson |
| Jenna Montgomery | Brenda Carhart | Cheryl & Robert Murphy |
| Nancy Sich & Family | Danielle Buettner | Christy Lee |
| Rachel Flannery | Emily Engebretson & Family | Doug & Heidi Korth |
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| Atkinson 2nd Grade Class | Juan Jimenez | Laura Kowalski |
| Brown County Hospital | Larissa Buescher | Linda Miller & Book Club Members |
| Cardinal Health—Norfolk | Laurie Reagan | Michelle Aschoff |
| Elkhorn Valley Bank (West Branch) - Norfolk | Lindsay Olsen & Family | Michelle Dudley |
| North Central District Health Department | Michelle Uhing | Good Life Counseling & Support |
| Northstar Services—O'Neill | Steve & Karen Warner | NAPA Auto Parts—Norfolk |
| Pinnacle Bank—O'Neill | Commodity Solutions—Norfolk | NECC Student Nurses Association |
| Premier Marketing | Midwest Bank—Norfolk | Pro Medicare—Norfolk |
| Shepherd of Peace—Norfolk | Trio Salon & Spa—Norfolk | The Retreat Skincare Studio & Med Spa—Norfolk |
| | Our Savior Lutheran Church—Norfolk | United Methodist Youth Fellowship—Norfolk |

Neligh Health Fair

By: *Kerry Clevinger; O'Neill Outreach Coordinator*

We've heard it said, "That if you have your health you have it all!"

Antelope Memorial Hospital in Neligh hosted the annual Health Fair on Saturday January 5th, 2019. It was located at the American Legion. Bright Horizons was asked to participate by having a booth that we shared with Nebraska State Patrol. We are always excited to be able to make available informational resources to the public of what services we offer.

We had a great time sharing our tear-away fliers, pamphlets, pens and contact cards. It is time well spent seeing what our communities offer for not only physical health but also mental, emotional and physical safety.



Stalking Awareness Month

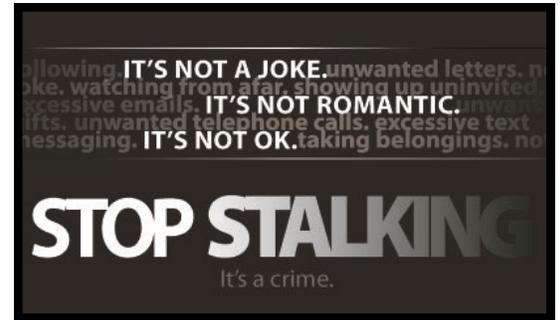
By: Kerry Clevinger; O'Neill Outreach Coordinator

January has been designated as National Stalking Awareness Month. Stalking is a very dangerous crime that affects millions of people each year. Stalking is 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, 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 visits. One in four victims report 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.

If you or someone you know is a victim of stalking, please reach out to us for help.



Human Trafficking Awareness Month

By: Kerry Clevinger; O'Neill 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. 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 law enforcement due to a past experience or from what 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 website.



Law Enforcement Appreciation Day

By: Ruthie Kollmar; Norfolk Criminal Justice Liaison

National Law Enforcement Appreciation Day was on January 9th, 2019: 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 posted this on our Facebook page and Bright Horizons staff delivered 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.



Madison Library Outreach

By: Emi Zavala; Transitional Shelter Advocate

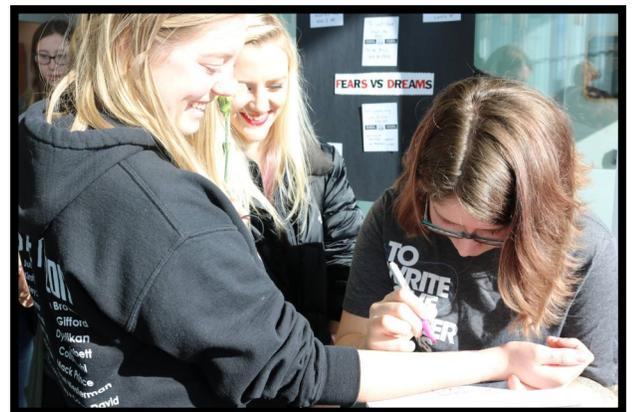
Over the past four months, starting November 2018, our bilingual advocates Yajaira and Emi have been setting up at the Madison Public Library. A booth is set up once a week either Wednesday 3:00 p.m. – 4:30 p.m. or Thursday from 11:30 a.m. – 1:00 p.m. Our goal is to provide team members from Tyson, as well as people in the surrounding area who can not make it to Norfolk, a time and place when they can feel safe to talk to us. The staff at the library have been kind enough to provide a table where we can set up and work, as well as a private room where we can talk privately with our clients. Lori Porter, Library Director stated "I want people to know that the library is open for everyone, and I also want them to know that the library is a safe place for them to come to when they need help."



To Write Love On Her Arms

By: Felicia Rath; Campus Advocate

This February the Campus Advocate had the privilege to help with the "To Write Love On Her Arms" event at Northeast Community College. TWLOHA is a day dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. The vision behind TWLOHA is to know you were created to love and be loved. You were meant to live life in relationship with other people, to know and be known. You need to know your story is important, and you're part of a bigger story. You need to know your life matters. We live in a difficult world, a broken world. We believe everyone can relate to pain, all of us live with questions, and all of us get stuck in moments. You need to know you're not alone in the places you feel stuck. We all wake to the human condition. We wake to mystery and beauty, but also to tragedy and loss. Millions of people live with problems of pain. Millions of homes are filled with questions, moments, seasons, and cycles that come as thieves and aim to stay.



Hope is Real, Help is Real, Your Story Is Important

Norfolk Youth Summit

By: Emily Putters; Norfolk Outreach Coordinator

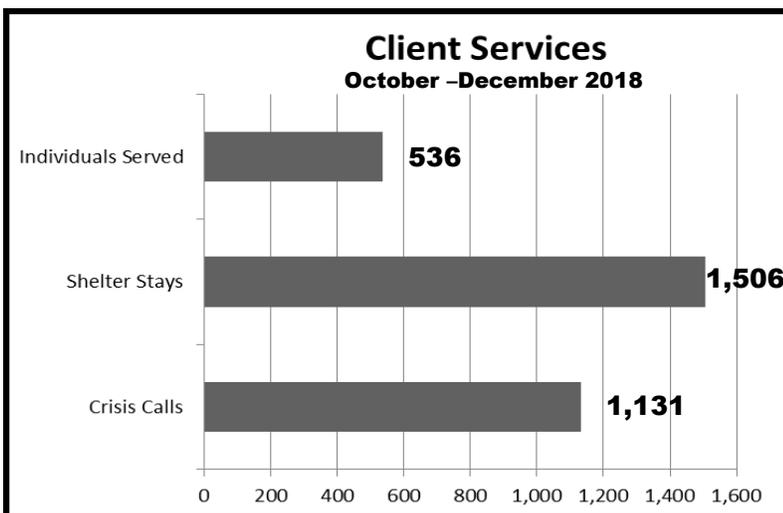
It was an honor to present at the Norfolk Youth Summit on February 11th! Mike Smith (National Speaker) gave an inspirational speech about helping others. Other panels discussed bullying, suicide, mental health, and LGBTQ issues. We had the opportunity to talk to the Norfolk youth and surrounding schools about Teen Dating Violence and Healthy vs Unhealthy Relationships! There was great discussion around warning signs of abuse, sexual assault/ consent, and how to help a friend. Awesome job to the LIT (Leaders in Training) youth for putting this conference together! Thanks for letting us be a part of an important day!



Drama Display

By: Kerry Clevinger; O'Neill Outreach Coordinator

St. Mary's Catholic Schools junior and senior high school students recently partnered with Bright Horizons to raise awareness about teen dating violence. February is Teen Dating Violence Awareness month. St. Mary's Drexel House members spearheaded a skit that was presented to the student body on Feb. 13. O'Neill Bright Horizons Outreach Coordinator Kerry Clevinger used her theatre background to help the 11 students flesh out a dating scenario. Students who took part in the skit were seniors Grady Semin and Zack Crumly; sophomores Will Otte, Araceli Perez, Catilyn Reiser and Faith Williamson; freshmen Luke Popkes and Alyssa Fehringer; and seventh graders Claire Popkes, Cecilia Mlnarik and Emma Otte. The students also gave statistics about dating violence, stalking and different types of abuse. Setting healthy boundaries and learning that love is respecting one another are the major themes of the month.



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

| | | | |
|----------------------------------|---|--|---|
| Amy Ames | Steve & Karen Warner | Lous' Thrifty Way—Norfolk | Sundance Investments—Norfolk |
| Carly Zarkrzewski | Susan Ziegenbein | Meadow Grove Coffee Girls | St. Jane Frances Quilters—Randolph |
| Carol & Orlin Olson | Susie Loofe | Methodist Church—Verdigre | St. John's Lutheran Church—Norfolk |
| Carol & Carroll Olson | Tara Wieseman | Missy's Pampered Pets—O'Neill | St. John's Lutheran Ministries |
| Carolyn Babl | Val Dempster | Nebraska AMVETS—Norfolk | St. Mary's Altar Society—Spencer |
| Cathy Givens | Boy Scouts Troop #124— Norfolk | Newman Grove Methodist Women | St. Mary's Episcopal Church—Bassett |
| Conni Kaczor | Brown County Hospital Staff Members | Norfolk Catholic First Graders | St. Mary's Drexel House—O'Neill |
| Dartel Rittscher | Church of Jesus Christ of Latter Day Saints— Norfolk | Norfolk Elks Lodge #653 | State Farm—Wakefield Insurance |
| Deborah Kopecky | Clearwater Public Library | Norfolk Morning Kiwanis | United Methodist Church Women— Johnstown |
| Diane Miller | Concordia Ladies Aid | Norfolk Middle School (Aftershock Program) | United Methodist Church— Meadow Grove |
| Doernemann Family | Creighton FCCLA | Norfolk Middle School (JOOI Club) | United Methodist Church Women— Ainsworth |
| Donna Hausmann | Culver's—Norfolk | Norfolk Senior & Junior High | Wausa Methodist Women |
| Elaine & James Johnson | Faith United Church—Creighton | Nucor Steel—Norfolk | Wandering Women's Brunch Bunch—Atkinson |
| Evadene Boettcher | FCE Club of Rock County | Our Savior Lutheran Women of ELCA—Plainview | West Holt Medical Services— Atkinson |
| Florayne Wheeler | First Christian Church—Norfolk | Plainview Prayer Group | Women of Faith—Norfolk |
| Gary Munger | First United Methodist Church— Norfolk | Plainview United Methodist Women | Zion Lutheran Church—Creighton |
| Janice Pieper | First United Methodist Women— Norfolk | Ponca Tribe Youth Group— Norfolk | |
| Jessi Laursen | GFWC Clarkson Women's' Club | Presbyterian Women's Group— Norfolk | |
| JoAnn & Howard Quandt | Girl Scouts Troop 50561— Norfolk | RF Goeke' Variety Store— Atkinson | |
| Lindsay Schellpepper | Goodlife Counseling & Support— Norfolk | Rotary Club—O'Neill | |
| Monique Kettler and Coworkers | Great Western Bank—All Branches | Riverview Livestock 4H Club— Spencer | |
| Nancy Berg | Hy-Vee East Pharmacy—Norfolk | SAPP Brother's Inc.—Omaha | |
| Pamela Brunswick | Inman Community Church | | |
| Pat Anson | | | |
| Pat Decker | | | |
| Sheryl Graff | | | |
| Stacy Knox | | | |



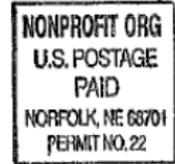
Bright Horizons Shelter Wish List

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.brighthousene.org

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Emily at 402-379-2026 or at emily@brighthousene.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:

Set Me Free Presentation in Ainsworth—March 26th

Denim Days—Throughout the Month of April

Project Homeless Connect Norfolk—June 28th

Jenny Sorrells Memorial Walk in O'Neill—July 13th

Bright Horizons Garage Sale Norfolk—July 25th

See our flyers!

Save the date!

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

Also find us online and on Facebook!