

The Insight

in-sight ~ (n) an instance of

apprehending the true nature of a thing, esp. through intuitive understanding

VOLUME 3, ISSUE 1

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Working Together Brings Great Rewards: Financial and Inspirational

By : Trudy Spicer

Title: Community Educator



Pictured left to right, Fairbury Wal-Mart Manager, Ron Hilligas and Wal-Mart Associate Darcy Brown presenting Hope Crisis Staff with the donation check. Included in the picture is: Cari Emerson, Director Carmen Hinman, Trudy Spicer, Stacey McLaughlin, and Tami Redfield.

Hope Crisis Center was given an unexpected surprise when volunteer, Darcy Brown came to us and said some of the other Wal-Mart Associates and herself would like to help Hope Crisis Center in their mission to serve victims of domestic violence and sexual assault. We put our heads together and decided we would have a "Move To Safety—Stuff the Van" event. The event was held October 18th at the Fairbury Wal-Mart and it was a wonderful outpouring of generosity from the community. What made the event a real success was the number of Wal-Mart Associates that volunteered their time to work outside with the Hope Crisis Staff as well as volunteers from the FYI Center to "stuff the van." Wal-Mart Corporation offers grants to their employees for doing volunteer work in their communities. The Associates then applied for an event grant which brought the total donation from Wal-Mart to Hope Crisis Center to \$3000. This donation will go a long way in assisting our victims in a time of crisis. We want to thank all of the Associates at Wal-Mart that donated their time and efforts in making this event so successful. A big thanks also goes out to Kent Preston from Wheel-N-Deal Auto Sales for supplying the van and the FYI kids for their posters.

Mark Your Calendars!!

April is Sexual Assault Awareness Month and Hope Crisis Center has several activities planned. Our "Put Your Foot Down Against Sexual Assault" Walk-Run is scheduled for Saturday, April 25th. Look for further details and registration forms in our next Newsletter.

We will be holding the "Rock Against Rape" event at Risky's on Friday, May 29th. It will be an exciting night with several bands donating their time to take a stand against sexual assault. We will have raffle tickets to sell for some exciting prizes and t-shirts on sale to commemorate the event.

Be sure to read your next Newsletter for further details on both events. Hope to see you there!!

Fourth Quarter Donors 2008

The key to success for any agency is the support of the community. Support from community members takes on many forms. One form that is vital to the continued success of Hope Crisis Center in serving victims of domestic violence /sexual assault is financial. Here is a list of donors for the months of October, November, and December. Thank you to all who donated; your gifts are greatly appreciated. We apologize if we inadvertently missed listing you as a contributor.

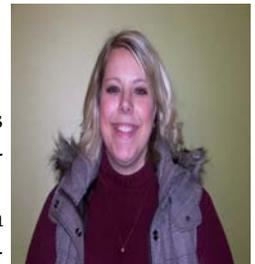
- BETA Sigma PHI – Fairbury, NE
- Seward School District – Seward, NE
- First National Bank of Fairbury – Fairbury, NE
- Janelle Farnstrom – Hebron, NE
- Central Elementary – Fairbury, NE
- Arla Fryer – Fairbury, NE
- Michelle Dux – Fairbury, NE
- School District #94 – Bruning, NE
- Pam Degenhardt – Hebron, NE
- Presbyterian Women’s Group – Alexandria, NE
- Wal-Mart – Fairbury, NE
- Darlene Long – Hebron, NE
- Women of the ELCA – Beatrice, NE
- Midwest Bank – York, NE
- United Methodist Church – Hebron, NE
- Kim Pittman – Beatrice, NE

Donors cont.

- Risky’s and Employees – Beatrice, NE
- Romona Bratton – Alexandria, NE
- Chuck and Kristin Stone – Endicott, NE
- Diller-Odell School Students – Odell, NE
- Seward Elementary School – Seward, NE
- Orv Hartley – Hebron, NE
- Elaine Davenport – Hebron, NE
- Bernice Jobman – Beatrice, NE
- Patty Bitting – Beatrice, NE
- Angie Hamilton, Bennington, NE

A New Face at Hope Crisis

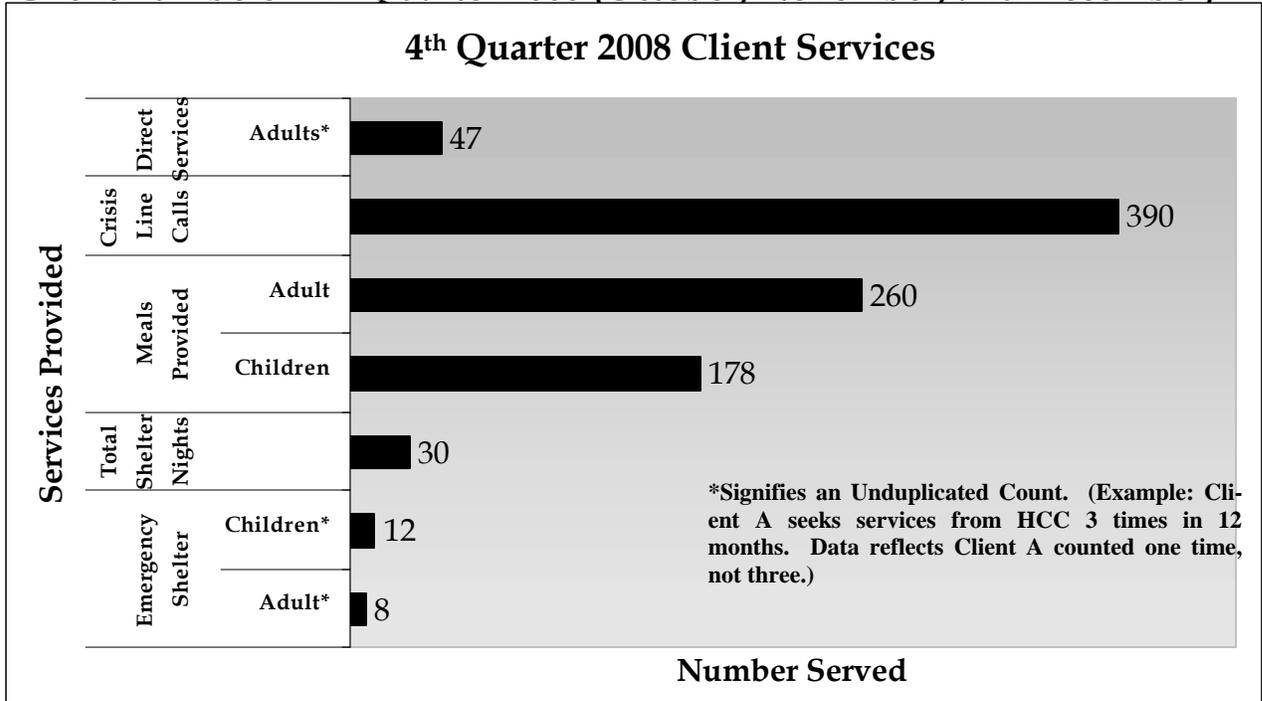
In November, Tami Redfield joined Hope Crisis Center as the new Office Assistant.



Tami obtained her Bachelors degree in Elementary Education from Peru State College. Her knowledge and passion for children will help advocates better assess clients and meet the needs of everyone who walks through our doors.

Her computer skills have already proven to be a great asset as well as her organizational talent.

Client numbers – 4th Quarter 2008 (October, November, and December)



How to Reach Out to Children Exposed to Domestic Violence

By: Stacey McLaughlin

Title: Program Manager

I had the opportunity to attend a conference a few months back that focused on various research that demonstrates children who are exposed to domestic violence may have serious implications on their well being. For some children, not all children witnessing domestic violence in the home can have emotional and physical consequences that may fall into one of these three categories: behavior and emotional, cognitive functioning and attitudes, and longer-term effects. These children sometimes will even develop a view in which violent behavior is acceptable. This conference titled, "The Batterer's Impact on Children and Strengthening the Mother-Child Relationship" gave advocates tips on more specific ways we can work with mothers and children more as a family rather than focusing our efforts mainly on the mother, the direct victim of a domestic violence. Listed below are the support systems that are needed for a battered mother and children exposed to domestic violence in order for the child to become more resilient. Domestic Violence has a tremendous affect on the whole family and we need to continue to find services and responses to these children to help them grow into emotionally and physically healthy adults.

What Children exposed to Domestic Violence Needs

- Safety, stability and predictability in their daily lives
- To maintain or rebuild a strong bond with their mother
- Support for their ambivalent feelings about both parents
- To know that they are not alone, that the abuse in their home is not their fault and that they are not responsible for protecting others.
- Opportunities to process their experiences, express feelings, and have their feelings validates
- Opportunities to experience success to have their achievements recognized
- Opportunities to learn that violence and abuse are wrong to develop critical thinking skills and to learn equitable, nonviolent ways to solve problems.
- Social support in their community
- Access to health, education, housing, social services and employment for their family.

What a Battered Mother Needs

- Recognition of her efforts to support and protect her children
- Support for her authority as a parent
- Opportunities to heal from her own trauma
- Opportunities to feel good about her relationship with her children
- Support for challenging the values that her children have learned from the abuser
- Information about how domestic violence may have affected her children and support for accepting its impact on her kids
- Patience with the difficulties she faces
- Recognition that she will likely be a different parent once she is no longer in crisis
- Support more than giving advice

The Essence of Giving

By: Trudy Spicer

Title: Community Educator

NATIONAL HONOR SOCIETY AT DILLER-ODELL SCHOOL



From left to right - Casey Behrends, Jamie Theye, Janelle Rickstrew, Heidi Nelson, and Jenna Koch.

The students at Diller-Odell public schools truly understood the essence of giving during this holiday season. Sheri Schultis, K-12 Councilor, contacted Hope Crisis Center and indicated the students wanted to have a fundraiser to donate items of need for victims and their families. During the month of December students brought their donations to the school and, WOW, what a job they did! Each class in the Elementary School and in the High School chose different needed items to donate. Listed below are the items each class donated. Kindergarten (Mrs. Heble) - Socks, 1st grade (Mrs. Skidmore)- toothpaste, 2nd grade (Mrs. Hemphill- Shampoo, 3rd grade (Mrs. Hennerberg)- paper products, 4th grade (Mr. Larsen & Mrs. Hynek)- pillows, shampoo and conditioner, 5th grade (Mrs. Vitosh) - trash bags, 6th grade (Mrs. Bargman) - shampoo & conditioner, 8th grade - Monetary donation, High School classes: Mr. McMurray - soap, Mr. Glenn - diapers, Mrs. Becker - wipes, Mr. Wester - deodorant, Mr. Skala - toothpaste, Mr. Mohr - toilet paper, Mrs. Bohling - body washes, Mr. Rickstrew - Shampoo and conditioner, Mr. Gydesen - Kleenexes, Mrs. Hein - cotton balls, and the Faculty & Staff -- underwear.

We would like to take this opportunity to thank everyone at Diller-Odell Schools for their generosity and thoughtfulness during this holiday season.

Improving Community Response to Domestic Violence in Nebraska

By: Cari

Title: Victim Advocate

The Attorney General's Office held a conference on November 18th and 19th in York, Nebraska. Our staff attended this conference which focused on rural communities and highlighting police protocol, victim assistance, and prosecution methods

The conference covered the dynamics of domestic violence, developing a coordinated response/case review, the role of law enforcement, the role of prosecution, strangulation & the role of the health care provider, women who use violence, the role of probation and offender accountability. *Continued on pg. 5*

Improving Response (cont.)

Attorney General Jon Bruning addressed the attendees at this year's event. Bruning explained. "The role of the attorney general's office is to look out for vulnerable people in society," "I see my role as being their voice."

The main focus for this year's conference was how can we improve community response to domestic violence. In addressing this question, we participated in an activity where we did some role playing on how different agencies would collaborate with other networks to be able to help families that are in crisis. It was interesting to see how each network worked together in providing resources and support to the families. We come to the understanding that it does take a collaboration of networks to work together to provide safety, support and resources to families.

This was the 10th conference held in Nebraska, since 2006. Domestic violence still continues to affect the state of Nebraska and having these conferences is a way to train first responders, county attorneys, and law enforcement officers and to look at what changes need to be done to the law.

Client Needs

It is not the sole responsibility of Hope Crisis Center to make the lives of victims safe. It is the responsibility of every community member to make victims' safety a goal. We have to work together to achieve a violence-free community.

In order to help us better serve victims and children of domestic violence and sexual violence, we have included a list of needed items below. Your support and contributions are desperately needed and appreciated more than words can *ever* express.

Hope Crisis Center's Wish List

Monetary donations	Pillows
Phone cards	Blankets
Trash Bags	Diapers/Pull-Ups
Paper plates	Deodorant
Gas cards (Casey's cards)	Kleenex
Shampoo/Conditioner	Toothpaste
Plastic silverware	Wal-Mart gift cards
Toilet tissue	Paper towels
Women's Underwear (NEW)	Sports Bras (NEW)
Women's Socks (NEW)	Flip Flops (All Sizes)
Children's Underwear, Socks (NEW)	

**If you or your organization would like to donate or volunteer,
please contact our Administrative Office at 402-729-2570.**

Hope Crisis Center Newsletter

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Fairbury, NE 68352

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Hope Crisis Center is a non-profit organization committed to empowering victims of domestic violence and sexual assault as well as our communities through advocacy, education, and confidential emergency services.



Administrative Office

PO Box 365
Fairbury NE 68352
(402) 729-2570

Beatrice Outreach Office

(402) 223-6635

Crete Outreach Office

(402) 826-5727

Toll Free Confidential Crisis Line

1-877-388-HOPE (4673)

If you would like to receive this publication as an e-version only, please e-mail Trudy at communityed2@hopecrisiscenter.org with your request.



Please Recycle-Share this Newsletter with others!

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Elvira – Bi-lingual Victim Advocate, Saline County

Trudy – Community Educator

Tami – Office Assistant

*If you would be interested in serving on Hope Crisis Center's Board of Directors, please con-