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**CAASA**

Centers Against Abuse & Sexual Assault

Issue  
**Three**

Newsletter of CAASA-Centers Against Abuse and Sexual Assault

# October 2015



## Domestic Violence Awareness Month

October is Domestic Violence Awareness Month, a month where we bring awareness to a topic that affects so many yet is often difficult to talk about. Throughout October, communities across the country will mourn for those who have died because of domestic violence, celebrate those who have survived, and connect those who work to end violence. CAASA collaborates with our sister agencies, FCC (Family Crisis Centers) and CSDAV (Council on Sexual Assault and Domestic Violence), to provide services across Region 1 of Iowa. FCC provides services to victims of domestic violence in 17 counties of Region 1, and CSADV provides shelter services for all of Region 1 in addition to domestic abuse services for Plymouth and Woodbury counties. All three agencies work together to break the silence and end the violence.

One in four women will be the victim of domestic violence at some point in her lifetime, and, on average, three women are killed every day at the hands of a current or former intimate partner. Domestic violence affects everyone – men, women and children, and it takes everyone to be a part of the solution. Many men, women and children have grown up in, or currently live in, a home where domestic violence is occurring. Through awareness and education, domestic violence can be prevented. One person, one family, one community at a time!

In honor of this month we ask you to take a stand and support victims. You can help this effort and become a voice against violence by participating in one of the many activities across the region. You can also consider donating items to your local office or shelter. Items needed include diapers, wipes, blankets, and pacifiers as well as gas cards, small tote bags, and local store gift cards.

Another way to get involved is to contact your local agency and learn about volunteering and how you can help! Volunteers are the glue that stick us together and can help in a variety of ways such as: office duties, crisis response, dispatching, helping with a support group, awareness events/fundraising, becoming a board member, and so much more.

*If you want to learn more about how you can get involved you can contact CAASA at 1-877-362-4612 or [www.caasaonline.org](http://www.caasaonline.org), FCC at 1-800-382-5603 or [www.familycrisiscenters.org](http://www.familycrisiscenters.org), and CSADV at 1-800-982-7233 or [www.csadvsiouxland.org](http://www.csadvsiouxland.org).*



# Self Care

## What does it mean?

Self-care is important not only for survivors, but people from all walks of life.  
So what is self-care, and what are the benefits?

Self-care, by definition, is care of the self without medical or other professional consultation. However, self-care is much more than brushing your teeth or washing your face. Self-care is about nurturing your emotional needs as well. Self-care is caring for your soul, your inner self, and your very being.

Many times survivors have to go back to the basics of self-care in order to begin healing. That is why self-care is a crucial step on their journey.

## How can we practice it?

Many resources point to developing a comprehensive plan in order to fully practice or attempt self-care. A good self-care plan can keep you on track and help you remember your goals. For example, keeping a list or reminder on your daily calendar or phone will assist you in implementing self-care in your daily routine. Scheduling time for healthy habits feels like a no-brainer but can be harder than we think. Having a list of ideas and activities can help make the process easier.

## What are some activities I can try?

*Psychology Today* is a great resource for ideas and activities. [www.psychologytoday.com](http://www.psychologytoday.com).

Self-care activities [www.psychologytoday.com/stress/self-care](http://www.psychologytoday.com/stress/self-care)

Self-care definition and tips  
[www.socialwork.buffalo.edu.com/resources](http://www.socialwork.buffalo.edu.com/resources)

### Self-Care Ideas

**Physical:** do yoga or stretch, run or walk, take a nap, dance to music

**Emotional:** cry, laugh, talk about your feelings, journal or write, paint, or try some adult coloring

**Sensory:** light a candle, take a warm bath or shower, get a massage, take in the outdoors, or listen to music

**Spiritual:** attend church, pray, meditate, read poetry or inspirational quotes



CAASA-Centers Against Abuse and Sexual Abuse relies on the support and partnership of community members and businesses to ensure we have the funding and resources to provide services to those impacted by sexual abuse. CAASA provides services to 19 counties in the Iowa and greatly appreciates your donation and support. To donate you can follow the link below and enter the amount or find us on Paypal.com. Thank you for your kindness. [https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=AJTT6DYLH9HJY](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=AJTT6DYLH9HJY)





# CAASA'S CORNER

## What's Happening?



### NEW OFFICE SPACE!

CAASA has moved the Dickinson/Emmet counties office from Spirit Lake to Estherville. Misty Wolff (CAASA's Certified Sexual Abuse Victim Advocate covering Dickinson, Palo Alto and Emmet counties) and Krista Redinius (FCC's Certified Domestic Abuse Victim Advocate covering Dickinson and Emmet counties) made the move this month. The move has not changed their coverage area or services they will offer. CAASA will still have outreach office locations across Dickinson and Emmet counties. **The new location address is #2 South 8th Street, Estherville, IA 51334. You can reach Misty and Krista by calling their NEW number 712-362-3200 or Fax 712-362-3204.**



CAASA and FCC staff had the great opportunity to share their information at CarrollFest. Amber Russell, the Sexual Abuse Victim Advocate coordinating for Carroll and Calhoun counties, was there to talk about boundaries and child sexual abuse prevention tips. The kids were able to hula hoop and discuss how the hula hoop equals their personal space! Thank you to CarrollFest for allowing us to be there and to everyone who came out to support CAASA.



CAASA had the opportunity to participate in numerous fairs, booths, and parades across the many counties we cover, including: Hartley parade, Le Mars parade, Albert City parade, Dordt College booth, Buena Vista college booth, Palo Alto Fair and Emmet County Fair. Thank you to the communities for inviting us and letting us spread awareness. If you are interested in having us at an event, let us know by calling your local office or 712-732-8120 or emailing [chelsea@caasaonline.org](mailto:chelsea@caasaonline.org).





# Hippie

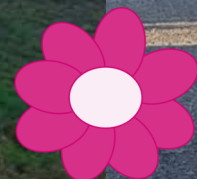


# Hustle 5K



On October 3rd, 2015, CAASA had a groovy time during its 1<sup>st</sup> Annual Hippie Hustle 5k. The 5k event took place in Peterson, and runners competed for best dressed individual and group categories. Prizes were given, and more than 40 runners participated. Women's first place runner was Jenny Ahlers, second place Lilly Hernandez, and third place Traci Nelson. Men's first place runner was Carson Cole, second place Mark Saunders, and third place Chris Cole. CAASA raised around \$1,300 and will use the money to help serve victims of sexual abuse.

THANK YOU to those who sponsored, participated, and volunteered for this GROOVY event.





# Prevention Education


## Step 3– Talk about it!

Talking with our children and loved ones about the topic of sexual abuse can be difficult; however, opening the line of communication is crucial when it comes to prevention. The Darkness to Light program tells us *"Age appropriate, open conversations about our bodies, sex, and boundaries gives children a foundation for understanding and developing healthy relationships. It also teaches them that they have the right to say "no."*

Darkness to Light's

### 5 Steps

To Protecting  
Our Children

- 
1. Learn the Facts
  2. Minimize Opportunity
  3. Talk about it
  4. Recognize the Signs
  5. React Responsibly

[www.d2l.org](http://www.d2l.org)

## How can we talk about it?

The following tips come from Darkness to Light's *Stewards of Children* program.

For more information, check out their website ([www.d2l.org](http://www.d2l.org)).

- **Understand why children are afraid to tell.** The abuser may shame the child, point out that the child let it happen, or tell the child that his or her parents will be angry. The abuser is often manipulative and may try to confuse the child about what is right and wrong, or tell them the abuse is a "game."
- **Know how children communicate.** Children who disclose sexual abuse often tell a trusted adult other than a parent. For this reason, training people who work with children is especially important. Children may tell portions of what happened or pretend it happened to someone else to gauge adult reaction. Children will often "shut down" and refuse to tell more if you respond emotionally or negatively.
- **Talk openly with your child.** With this foundation in place, children are less vulnerable to people who would violate their boundaries and are more likely to tell you if abuse occurs. Teach children that it is "against the rules" for adults to act in a sexual way with them and use examples. Teach them what parts of their bodies others should not touch. Be sure to mention that the abuser might be an adult friend, family member, or older youth. Be proactive. If a child seems uncomfortable or resistant to being with a particular adult, ask why.
- **Talk with other adults about child sexual abuse.** Support and mutual learning occur when you share with another adult. You raise the consciousness of your community and influence others' choices about child safety. You may be offering support and information to an adult whose child is experiencing abuse and may not know what to do. All information can be found at [www.d2l.org](http://www.d2l.org). 5 Steps to Protecting Our Children.

# Meet an Advocate

**Courtney McCrellias** – Certified Sexual Abuse Advocate for Plymouth County. Courtney has been with CAASA since August 2014.



## Favorite Quote:

*"If service is the rent you pay for your existence on this earth, are you behind in your rent?"*

*–Robert G. Allen*

## About Courtney

Courtney joined the CAASA team as a Sexual Abuse Victim Advocate in August of 2014. She received her certification from the Iowa Coalition Against Sexual Assault. During her college years at the University of South Dakota, Courtney was instilled with a passion for working with survivors of sexual assault through her involvement with SavVy (Students Against Violence, Yes). After surviving four years of psychology and criminal justice classes, she found herself in the Siouxland area. Courtney has always been passionate about human rights and serving those that are underserved. She enjoys her time working with survivors and supporting them through all the steps of their journey of healing. In her free time you can find her binge-watching Netflix, reading historical fiction, or taking her Shih Tzu and boyfriend for walks in Stone State Park.

## Courtney's Message

How you live your life is a silent message to others. Don't get lost in "doing" and focus on "being." Wish for others everything you wish for yourself. Be sensitive to others' fears and concerns. Compassion leads to understanding. Share yourself and your talents with anyone you can.

## Volunteer Spotlight



**Sue Ehlers**—Sue is a seasoned volunteer who gives her time and energy whenever she is able. She has been volunteering for CAASA for more than four years. She has helped with the crisis line, fundraising, and spreading awareness about CAASA and the work we do. Sue works with her company, Valero, to further assist CAASA through donations and volunteering efforts. Sue recently nominated CAASA for the Valero Benefit which resulted in a \$5,500 donation to be used for children's services.

## What is your favorite thing about volunteering?

Helping, in any way that I can, to makes things a little bit better for an individual or an organization. Just knowing that I may have helped someone less fortunate than myself is very satisfying because at one time in my life the tables were turned. Giving back is so very important to me. A quote that I try to live by is, "Living in a negative past prevents you from living a positive healthy future."

*Thank You!*