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CAASA
Centers Against Abuse and Sexual Assault

Issue
ONE

An Insight of CAASA-Centers Against Abuse and Sexual Assault

April 2015



Upcoming Events

BVU Campus Sexual Assault Awareness Week Storm Lake— April 12-17th .

5K Storm Lake-April 18th 10:00a.m.

**BVRMC Hospital Lunch and Learn Storm Lake
April 16th 12:00-1:00p.m.**

**Sioux City Football Game—
Sexual Assault Awareness Game
April 18th 7:00 p.m.**

**Spencer Municipal Hospital
Lunch and Learn
April 23rd 12:00-1:00p.m.**

Denim Day April 29th, 2015

Bra and Boxer Drive-Month of April

Coffee for a Cause-Month of April

**Family Fun Fest
Child Sexual Abuse Prevention
April 26th 2:00-4:15 pm**

Sexual Assault Awareness Month *Awareness, Education and Prevention*

April is Sexual Assault Awareness Month (SAAM). This year's campaign focuses on sexual assault on college campuses. Campus sexual assault has long been an issue, and now it is more visible than ever. Many people — from student activists to the White House administration — are taking action. It's time for all of us to act. As many as one in five women are sexually assaulted in college (Krebs, Lindquist, Warner, Fisher, & Martin, 2007). While in college, one in 16 men are victim of an attempted or completed assault (Krebs et al., 2007). The impact of sexual assault can be wide-ranging and can have long-term health impacts. The goal of SAAM 2015 is to get everyone involved in creating safer campuses. The campaign helps the entire community learn how to take action.

Preventing sexual violence on campus takes more than one department, office, club, team, administrator, professor, staff member, or student. It takes all of us working together in big and small ways. Everyone must play a role in creating a culture of safety, equality, and respect on campus. You can start by getting involved in SAAM 2015. Attend local SAAM activities in your community or plan event. Use social media to spread the word and post what you're doing online. Learn more about this issue and educate others in your life. Support your local rape crisis center. Everyone benefits when campuses are safer. As this year's slogan states, "It's Time to Act: Safer Campuses. Brighter Futures. Prevent Sexual Violence."

**"It's Time to Act:
Safer
Campuses.
Brighter Futures.
Prevent Sexual
Violence."**

Contact us at **1-877-362-4612**
(Sexual Assault Hope Line)

WOMEN'S NIGHT OUT-SPENCER



On behalf of the staff of CAASA , as well as those who benefit from our Women's Night Out activities, we would like to thank all of those who donated, sponsored, and attended Women's Night Out on February 26th in Spencer . It was a huge success and everyone had a great time.

The night began with a silent auction and social hour. We then enjoyed a delicious meal catered by Cabernet Catering, and for dessert Totally Baked donated homemade cupcakes. We then had Renee Jedlicka inspire us with her speech "Happy Ever After Starts Here." The final event of the evening was a live auction. We had so many great things to auction off and amazing people who held up those auction tickets and donated their money.

Thanks to everyone's hard work and generous donations we were able to raise around \$13,388. A total of \$2,787 more than last year! Thank you to everyone who donated items, participated in the event and sponsored our night.

PEARLS OF HOPE WOMEN'S NIGHT OUT



CAASA also held Pearls of Hope-Women's Night Out in Cherokee on February 28th. This night was also a great success and turned out to be a great night of fun, inspiration, and shopping.

Pearls of Hope-Women's Night Out started with silent auction items and shopping at over 20 vendor booths. We had a great variety of booths this year from health, clothing, décor, and jewelry. Guests also were able to get free printed pictures to remember the night in a photo booth donated from B& L Photography. We then enjoyed a delicious meal catered by Hy-Vee, and for dessert, Totally Baked donated homemade cupcakes. After our meal, we were lucky enough to have Brittanie share her story and her journey. We then had Renee Jedlicka inspire us with her speech, "Happy Ever After Starts Here." The final item of the night was door prizes!

Thanks to everyone's hard work and generous donations we were able to raise around \$4,750. A total of \$1,500 more than last year! Thank you to everyone who donated items, participated in the event and sponsored our night.



THANK YOU!

Proceeds from both of our Women's Night Out events will benefit the survivors we have the amazing opportunity to support. Funds raised assist us with crisis-response, mileage, counseling, prevention education, and so much more.

Women's Night Out is a wonderful way to provide a fun and affordable event for women that supports the community and the local economy while contributing to a good cause that helps to empower survivors of abuse.

We truly enjoyed working with the wonderful merchants who are part of the Women's Night Out and meeting and greeting all the delightful women who participated, shopped, laughed and had an all-around great time. See you again in 2016!

WOMEN'S NIGHT OUT



INSPIRE

Brittanie was our featured survivor story this year. She shared her story and her journey from victim to survivor. She shared how CAASA was part of her healing journey and a special advocate gave her courage to report what was happening in her home. Her inspiring story left us all truly moved. It was a great reminder that no matter what hardship we go through all we need to do is look deep inside ourselves and come out a stronger, better person, no matter what the situation is. She spoke of her faith and purpose in life. Brittanie was an amazing example of breaking the silence. What a strong and encouraging woman she is.



"A lotus is a flower that blooms in the mud, the deeper the mud the more beautiful the lotus blooms."

Thank You Brittanie!



Volunteer



Minde Coleman-
Volunteer Coordinator

Some of the most valuable resources that we have are our volunteers. Volunteers play a key role in our day-to-day operation. There are many volunteer opportunities available, and all training is provided to interested persons. Our volunteers provide both direct and indirect services. Some opportunities available to direct service volunteers include answering our crisis line and crisis response. Indirect services include doing office work such as copying, typing, and various other things. We also have volunteers who organize and promote fundraisers and or special events in the community.

Ways YOU can make a difference!!

(Training provided for specific positions)

Board Member	Assisting with phone services
Babysitting	Finding local resources
Transportation Services	Grant writing skills
Graphic Design/Web Design	Language Assistance
Emergency Responder	Data Entry
Marketing	Office Assistance
Lead or Co-facilitate Groups	Organizing
Community Education	Creating/Updating resources
Court Accompaniment	Assist with Social Media
Staff booths at Fairs/Community Events	Awareness Events/Fundraising

We serve Clay, Palo Alto, Emmet, Dickinson, Buena Vista, Cherokee, Sac, Ida, Pocahontas, Calhoun, Carroll, Crawford, Monona, Plymouth, Woodbury, Sioux, Lyon, O'Brien, and Osceola Counties. Training will be provided.

Contact Minde at 712-262-4612 or minde@caasaonline.org

HOW CAN I HELP?

CAASA has many opportunities for volunteers. The following are some things a volunteer can do:

Crisis Response and Dispatchers

Volunteers serve as dispatchers and crisis responders at night, on weekends and holidays.

Community Outreach

Volunteers hang posters and deliver brochures in our communities.

Fundraising – Volunteers

organize and promote various fundraisers to benefit the agency.

Office Duties – Volunteers

complete various office duties such as copying, putting donations away, and typing.

“Volunteers do not necessarily have the time; they just have the heart.”

–Elizabeth Andrew

****Persons interested in direct client services must be 18 years of age or older, and be able to pass a criminal background check.***

Prevention Education



**Kristi Neumann -
Prevention Education**

Did you know that 1 in 4 girls and 1 in 6 boys will be sexually abused by their 18th birthday?

Every child deserves the right to be safe. Every child has the right to have a voice. Every child has the right to learn how to access help. Learning these important safety skills is just as important as learning math, science and reading. Not only is it important to educate our children, but we must educate

our parents, educators, and providers how to prevent child sexual abuse and end the cycle of abuse. Most important is that we know that child sexual abuse prevention is our responsibility!

LEARN THE FACTS

Know what sexual abuse is— Any sexual act between an adult and a minor, or between two minors, when one exerts power over the other, forcing, coercing or persuading a child to engage in any type of sexual act. It also includes non-contact acts such as exhibitionism, exposure to pornography, and communicating in a sexual manner by phone or internet. Often a traumatic experience for children and teens. A crime punishable by law.

Recognize its prevalence— Youth are the victims of 66% of all sexual offenses reported to law enforcement, 35% of victims are 11 years older or younger, children living with a single parent who has a live-in partner are at highest risk and are 20 times more likely to be victims of child sexual abuse, and children who witness, or are the victim of other crimes, are more likely to be sexually abused.

Upcoming Trainings

FREE Adult Child Sexual Abuse Prevention Trainings

March 30 Trinity Lutheran Church

Cherokee 6:30-8:45 pm

March 31 Spencer Library

10:00 am-12:15 pm OR 1:00-3:15 pm

April 8 United Methodist Church

Holstein 10:00 am-12:15 pm OR 6:00-8:15

April 9 South Central Calhoun Elementary

Rockwell City 6:00-8:00 pm

Family Fun Fest

-Child Sexual Abuse Prevention

April 26 2:00-4:15 pm

Children will participate in fun activities in the Sac City Recreation Center gym with CAASA advocates, while parents receive a free child sexual abuse prevention training.

5 STEPS

TO PROTECTING OUR CHILDREN



1. LEARN THE FACTS

2. MINIMIZE OPPORTUNITY

3. TALK ABOUT IT

4. RECOGNIZE THE SIGNS

5. REACT RESPONSIBLY

90%

If children who are victims of sexual abuse know their abuser.

60%

Are abused by people the family trusts.

30%

Are abused by family members.

10%

Or less of children who are sexually abused are abused by a stranger.

Meet an Advocate

Skyla Edwards— Sexual Abuse Victim Advocate covering Cherokee, Clay and O'Brien Counties. Skyla has worked for CAASA for two years as a Certified Sexual Abuse Advocate



Skyla's Favorite Quote:

"The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough. They're there to stop the other people."

— Randy Pausch

What is your favorite thing about being an advocate?

I love that no story is ever the same and that I'm inspired daily by the survivors I work with. I love public speaking and doing sexual abuse prevention at the schools, colleges and business organizations. I love working with young teens and adults. I am also passionate about working with dependent adults and want to find better ways to serve dependent adults who have been sexually abused. It is such a high population and the dependent adults are at such a high risk to be sexually abused.

If you could get a message across to anyone what would you say and to who?

I would tell loved ones and friends to always believe a survivor if they tell you they have been sexually assaulted. I've worked with so many survivors who have expressed how much that has impacted their healing. They are even further on their healing because of the support from their family and friends. Others have expressed the traumatic experience of coming forward and not being believed. Another important thing to remember is that we always want to believe that it is strangers and bad people who sexually assault. Truth is it's usually someone the person knows and trust, such as family member, friends, or authority figure.

Volunteer Spotlight



Taylor Studer is a senior at Northwestern College in Orange City. As part of her final semester of social work she is required to have experience in a specific area of social work. Because of her passion for empowerment, women's rights and the power of change, she chose sexual assault and domestic violence and began her time at CAASA in Sioux City housed at CSADV.



Taylor shares her journey at CAASA. "A few months ago I was in Denver and I went through an interactive exhibit about interpersonal violence. I was heavily impacted and left feeling inspired to create a similar exhibit at home; so began the project "Breaking Silence." The purpose was to educate the community about different forms of violence that are so often hidden in today's world. We recorded stories of survivors from the area, transferred them to listening devices, and had participants listen to the stories as they walked through rooms that visually represented the story they were hearing. After the stories were compiled, I forwarded them to a Northwestern College social work class who partnered with me for the project. With the work of the students and college we made each room represent the stories we heard. Each story ended with a piece of how the woman had experienced healing. We held the event at Northwestern College, where 100 participants were able to walk through and interact with the three powerful stories. Afterwards participants had the opportunity to debrief with advocates from CAASA, FCC, and CSADV, as well as process their thoughts through writing.

Some feedback we got included: "The fact that this could be happening right next door and I have no idea is shocking. I had no idea how real this is. I have a new awareness of interpersonal violence and how much it can ensnare a person;" "It crosses all lines," and "People are going through pain...pain that is so hidden...every single day. Thank you for allowing us to step into the shows (momentarily) of individuals who face this hidden pain. I hope we walk away from this with urgency to act and to converse."

Thank You!

Thank You Taylor for all of your hard work and volunteering!