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# CAASA

Centers Against Abuse & Sexual Assault

Issue  
**TWO**

An In sight of CAASA-Centers Against Abuse and Sexual Assault

# July 2015



## Upcoming Events

### Schwan's Fundraiser-

20% of sales go back to CAASA to help us serve survivors of sexual abuse. Ends July 17th. You can support us by going to <https://www.schwans-cares.com/c/21107>.

### 2nd Annual

### Ride for Hope-Poker Run.

Starts in Denison, IA and ride stops in Crawford, Ida and Monona counties. August 15th 11:00-1:00p.m. Family Crisis Centers (FCC) and CAASA are collaborating for this event and all proceeds will go to victims of domestic and sexual violence. For more information contact [kay@caasaonline.org](mailto:kay@caasaonline.org).

## What's new? CAASA has a NEW Website!

**Introducing CAASA's brand new website! We are working hard at giving you the information you may need regarding our services and sexual assault at your fingertips! On our website, you can find biographies about our staff, copies of our newsletter, information regarding sexual assault and resources, and ways to donate. We will also be posting up-to-date news, fundraisers and trainings that CAASA will be putting on, volunteer opportunities, and how to get in touch with us. We are very excited to finally have a website and we are updating the website often so keep checking back for more up-to-date information! Visit the website now at [www.caasaonline.org](http://www.caasaonline.org)!**

## Features:

ABOUT US

OUR TEAM

THRIFT STORE

NEWSLETTER

SERVICES

RESOURCES

HOW TO GET INVOLVED

DONATION

VOLUNTEER

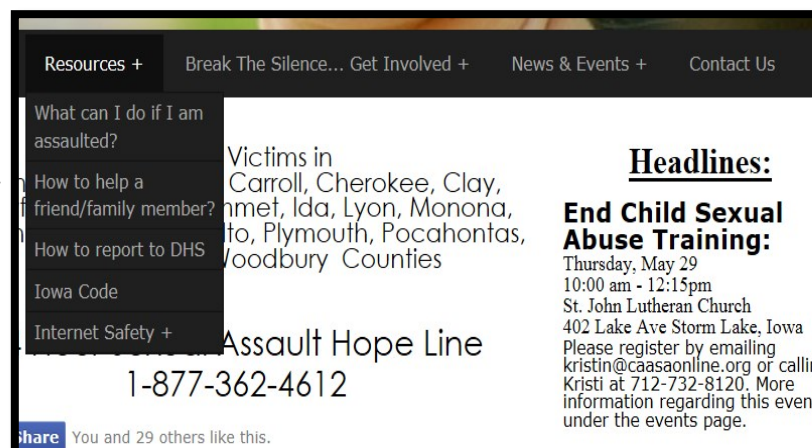
NEWS & EVENTS

CONTACT US

LIST OF UPCOMING EVENTS



**Don't forget to Like us  
on Facebook and  
follow us on Twitter!**  
[http://twitter.com/CAASA\\_IA](http://twitter.com/CAASA_IA)



# SART



## *Sexual Assault Response Team*

### WHAT IS SART?

A Sexual Assault Response Team, or SART, is a multi-disciplinary team consisting of advocates, law enforcement, medical personnel, and prosecutors. This team focuses on the acute medical response to sexual assault & forensic evidence collection, while also focusing on the potential for the victim to report the crime they have experienced. The process is victim-centered, and therefore the victim can choose the level of response/care that is provided.

*Julie Gore—  
SART Coordinator  
for 19 counties in  
Northwest Iowa.  
Julie works closely  
with each county  
to develop and  
maintain SART teams. Her goal is to  
enhance sexual assault response  
systems and survivor care in Iowa's  
rural communities.*



### BENEFITS OF SART

#### Victim

Coordinated response, sensitive intervention and Information about options.

#### Medical

Increase training on forensic and medical care. Clear direction on best practice for victim care. Increased collaboration with victim-serving community partners.

#### Law Enforcement

Increase reporting. Specialized training protocol for investigation. Better access to victims for follow-up.

#### Prosecution

Better informed victims. Better reports from law enforcement and medical staff. Victims are supported well in cases that proceed.

#### Community

Increased community safety through increased reports and/or prosecution for survivors.

### HOW DOES SART HELP?

Upon receiving notifications that a sexual assault has occurred, SART sends key team players to meet with the victim. The advocate, law enforcement and medical person are all able to respond and discuss options available.

### WANT TO KNOW MORE?

Want to know more about if your community has a SART, how to get one started or more information on SART? You can contact your local advocate or Julie Gore at 712-210-3518 or [julieg@caasaonline.org](mailto:julieg@caasaonline.org).





## How Can I Help my Friend, Family Member, or Partner?

- ♦ Respect their confidentiality.
- ♦ Believe your friend, family member, or partner.
  - ♦ Avoid judgmental comments.
- ♦ Ask how you can be of assistance rather than giving advice.
- ♦ Respect their decision even when yours may be different.
  - ♦ Be a good listener.
- ♦ Avoid pressure to resume any form of sexual activity until initiated by your partner.
  - ♦ Offer unconditional love and support.
    - ♦ Some things you can say are:  
"I'm glad you are alive."  
"It's not your fault."  
"I'm sorry it happened."
- ♦ Become informed: Gather all the information you can about sexual violence and know what community resources are available.
- ♦ Suggest they call our Sexual Assault Hope Line:  
1-877-362-4612

## How can an Advocate help?

- Remaining with you (if you wish) throughout your examination, explaining all medical procedures and tests.
- Explaining your options and choices concerning police reporting and legal rights.
- Talking about the emotions and trauma that typically follow acts of sexual violence.
- Providing support and assistance to victims and family members.



# AMAZON SMILE!



*Do you shop on Amazon? If you do, we are a part of the Amazon Smile program! This program donates 0.5% of the price of your eligible Amazon Smile purchases to charitable organizations like CAASA. All you have to do is copy the link below and start shopping! Thank you for all of your support!*

<https://smile.amazon.com/ch/42-1237465>

# Prevention Education

## STEP 2- MINIMIZE OPPORTUNITY

We often talk about stranger danger or never trust someone you don't know, when educating our children. But what we frequently overlook is that the majority of sexual abuse is occurring with someone the family trusts. In our previous newsletter we presented statics from *Darkness to Light-Stewards of Children that show that 30% of children are abused by family members and as many as 90% are abused by people the family knows*. This certainly makes us re-think how to protect our children.

## 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)

### **So what does it mean to minimize opportunity?**

Darkness to Light-Stewards of Children ([www.D2L.org](http://www.D2L.org)) gives us tips and ideas on how to help minimize situations that may present a risk.

- 1. IF YOU ELIMINATE OR REDUCE isolated, one-on-one situations** between children and adults, and children and other youth, you'll dramatically reduce the risk of sexual abuse.  
"80% of sexual abuse occurs in an isolated, one-on-one situation."
- 2. CREATE AND LOBBY FOR POLICIES reducing or eliminating isolated, one-on-one situations** in all youth serving organizations, such as faith groups, sports teams, and school clubs. These policies should ensure that all activities can be interrupted and observed.
- 3. ONE-ON-ONE TIME with trusted adults is healthy and valuable for a child. It builds self-esteem and deepens relationships.** To protect children while nurturing these relationships: Drop in unexpectedly when the child is alone with an adult or another youth, even if it a trusted family member. Make sure outings are observable - if not by you, then by others.

\*For more tips and information you can go to [www.D2l.org](http://www.D2l.org) or [www.stopitnow.com](http://www.stopitnow.com).

If you are interested in prevention education training contact Kristi at

712-732-8120 or at [Kristin@caasaonline.org](mailto:Kristin@caasaonline.org)



# Meet an Advocate

**Misty Wolff– Sexual Abuse Victim Advocate covering Dickinson, Emmet and Palo Alto Counties. Misty has worked for CAASA for one year as a Certified Sexual Abuse Advocate**



## Misty's Favorite Quote:

*"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think." - A.A. Milne.*

*"IMPOSSIBLE--the word itself says I'M POSSIBLE." Audrey Hepburn.*

## Tell us about yourself!

Misty has been with CAASA since August of 2014. Misty is a native Iowan from Osceola County who moved to Emmet County in 2000. Misty graduated with a Bachelor's Degree in 1999 from Simpson College. Misty's career over the past twenty years has been in Accounting and Business management; however, she is a survivor of both domestic violence and sexual abuse. She applied with CAASA with the burning desire, vision, passion, and hope to reach other victims of domestic violence and sexual abuse like she was once assisted by other selfless, caring individuals. Misty's vision is fueled by being able to easily relate to victims/survivors who seek services through CAASA. Since she is a survivor, she can better inspire, educate, and empower individuals of domestic violence and sexual assault with the strength, comfort, and wisdom from her own personal experience.

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

The most important thing Misty wants people to know about CAASA is the services CAASA offers are ALL COMPLETELY FREE of charge! She feels this is important because the majority of the children, teens, and adult victims are originating from lower socioeconomic status who don't have additional funding and resources to reach out for help. Misty believes most are simply unaware of the support and services provided by CAASA. A goal of hers is to continue educating individuals, businesses, churches, and organizations about all of the services provided by CAASA. She states that by providing the knowledge, education, and advocacy; we are empowering survivors/victims in abusive situations the resources to completely alter and change the direction of their lives.

## Volunteer Spotlight



**Jordan Cornwell is a volunteer in CAASA's northern region. Jordan has been volunteering with CAASA for over a year. She has helped in many different areas including: crisis intervention, dispatching and helping with fundraisers!**

## Why does Jordan volunteer?

**"I love volunteering. I was sure of it when I went on a trip to Haiti in the summer of 2012. It's one thing that I can give my time to, that will help others. And there just isn't anything as rewarding as the feeling you get when you realize you've touched someone's heart, and changed their lives. To anyone looking to volunteer, I say start where you are, use what you have, and do what you can! It really does only take one person to make a difference. You CAN be that person!"**

## Jordan's favorite quote

***"Everybody can be great. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You only need a heart full of grace. A soul generated by love."***  
**- Martin Luther King Jr.**

***Thank You!***

**Thank You Jordan for all of your hard work, dedication and volunteering!**