

NEW HORIZONS



SHELTER & OUTREACH CENTERS

Breaking Silence. Empowering Lives.



The Empowerment Press

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Did You Know?

New Horizons shelters over 250 women, children and men every year?

Help is available 24 hours a day, 7 days a week by calling our Crisis Line at (608)791-2600 or (888)231-0066

Dear Advocate of New Horizons,

Recently I received a copy of the 2014-2020 Long Range Plan for a Safe Wisconsin (**VISION. HOPE. SAFETY.**) that was developed by the Wisconsin Governor's Council on Domestic Abuse and End Domestic Abuse Wisconsin with input from shelter services, advocates, community partners and survivors throughout the state of Wisconsin. Goals that the long range plan urges the state of Wisconsin (a.k.a. you and I) to achieve over the next six years are:



- Maintain, strengthen and expand core services
- Enhance services and prevention education for children and youth
- Strengthen outreach and education to Wisconsin communities
- Expand programming that is community driven in culturally-specific and LGBT communities
- Address the civil legal needs of domestic violence victims and their children
- Focus on promising strategies and practices

I am going to need your help as my team of advocates and I work toward achieving the goals set before all of us. Here is what you can do:

- You can contact your legislators in support of increasing funds for domestic abuse programs and to promote teen dating violence prevention education and policies within our schools
- You can invite my team to speak to your work, social group, church, etc. about domestic abuse and our services
- You can support community driven services for culturally specific and underrepresented populations including our LGBT community
- You can introduce my team to other service providers and businesses in the area so that we can collaborate our efforts and enhance our services to benefit victims and their families

Together you, my team and I can achieve the above goals. Contact me today 608-791-2610 ext 304 or at kappauf@centurytel.net. If you would like to review the entire 2014-2020 Long Range Plan for a Safe Wisconsin, go to our website nha-gainstabuse.org and click on Related News & Issues.

Ann Kappauf
Executive Director

Vision

New Horizons will be a leader in promoting a community culture free of abuse where mutual respect and inclusiveness thrive.

Mission

New Horizons Shelter and Outreach Centers provide safety and services to adults and families who have experienced domestic violence, sexual assault, stalking and harassment so that they can make decisions about their lives in a supportive, nonjudgmental and empowering atmosphere. We promote the concepts of nonviolence and equality through intervention, prevention and education.

Philosophy

New Horizons Shelter and Outreach Centers oppose all forms of dominance over others. Our collaborative community effort is an integral part of a broader social justice movement. We support the right of people of all ages, regardless of gender, sexual orientation, race, color, religion, national origin, social class or differing abilities to live without fear, abuse and violence. We believe batterers must be held accountable for their actions and that systems must be responsible to the victim.



Get Informed

New Horizons

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Dates to Remember

All of October is
Domestic Violence
Awareness Month

Tues, Nov. 4, 2014
Election Day

Giving Tuesday,
December 2, 2014

January is Stalking
Awareness Month

February is Teen
Dating Violence
Awareness Month

Friday, March 13,
2015 Gala Viola at
the Freighthouse

Safety in a Small Town

Imagine walking into your home after a night out with some friends, to find someone sitting in the dark living room with a gun, waiting for you.

You are ordered to turn over your cell phone and car keys and sit down.

What do you do?

Your mind races to what your options are.

You could do as you are told, and give up your cell phone, and hope for the best. But if you give it up, and the phone gets destroyed, then you have no way to call for help.

You could try to take the gun, but, let's be honest, that probably won't end well for you.

You could just run. But where would you run to? You live five miles out of town, and the nearest neighbor is a mile away, down a dark county road, lined with corn fields and forests.



Sure, you can think of a few places to hide around the farm.

But, there is one little problem: the person holding the gun is your ex-spouse, and any hiding places YOU know about, THEY know about as well. They know the lay of the land just as well as you do.

"Think!" you tell yourself. "You need a plan!"

Then you remember... you HAVE a plan. You have a safety plan. You worked on it with your domestic violence advocate at New Horizons. Your advocate told you that safety planning in rural areas is a little

Please consider including New Horizons in your estate planning. Your legacy will live on in the hearts of those we serve.

different than what people do in the city.

In fact, your advocate told you that the first thing most abusers do, is make it hard for their victims to get help. They take their victim's phone and destroy it. They take car keys and disable cars. Out here in the country, that's all it takes to cut a person off from help.

"So, what are you going to do if that happens?" your advocate had asked you. You thought it was sorta silly at the time. After all, your ex-spouse wouldn't really do anything like that. That sort of thing happens to OTHER people. And to people in big cities, not small towns like you live in.

"Well, it's exactly BECAUSE you live in a small town that we need to do safety planning," your advocate told you. "Unlike cities, where there are houses all around and there are always police on duty a minute away, in small towns like this, there may not be a police officer available. And it might take 20 minutes for a deputy from the county to show up. You have to have a plan for what to do."

You had rolled your eyes but you did it.

Now, you're awfully glad you did.

You close your eyes and run through the plan. Then you take a deep breath and open your eyes.

Calmly, you put the phone and your car keys on the table nearby.

Then you start to follow your plan.

Twenty minutes later, your ex-spouse is handcuffed in the back seat of a sheriff's deputy cruiser, and you're telling the deputy everything that happened from the minute you walked into your darkened house to the moment you ran from the house and jumped into the front seat of your car and drove off, using the spare key you had hidden away, according to your safety plan.

"So, if you gave up your cell phone, how did you call for help?" the deputy asked.

You smiled and said, "My advocate at New Horizons gave me an old phone someone donated to them. I kept it charged and hidden, along with a spare car key. The phone can only call 911, but tonight, that's all I needed it to do." Continued on Page 3...

"Think!" you tell yourself. "You need a plan!"

Then you remember... you HAVE a plan. You have a safety



LIVE UNITED™





Get Informed

Safety in a Small Town, Cont.

Helping victims of domestic violence is different in rural communities. Victims are often on their own, in remote, isolated areas, far from neighbors and other people.

Abusers know this. That's why, when a victim in a rural area tries to call for help, their abusers often do two things: 1.) Rip phones from walls and smash cell phone on the floor; and 2.) Disable the victim's vehicle. The victim is stranded and at the mercy of their abuser. They can scream all they want - no one will hear.

As a victim, you only have to have that happen to you once to know you're vulnerable. It makes you afraid to call for help again. That's one barrier to reporting abuse in rural areas.

There are many other barriers to reporting. Rural victims often live in communities with less than 1,000 people. Everybody knows everybody. They know you, your spouse, and your kids. They know your parents, siblings, grandparents, aunts and uncles, cousins (first, second, third and fourth cousins and THEIR spouses and children), and the names of all your pets - including the names of the hogs your kids showed at the fair last summer.

So when victims speak up, they aren't just speaking out against their abusers - they are speaking out against their abuser's whole family tree. And in small towns, your family name is like currency that can be traded upon; it's all you have. So families will go all out to defend one of their own who is accused of abuse - not so much because they think the person is innocent, but because they don't want the family name to be tarnished.

Which means that, unlike urban areas where there may literally be hundreds of police officers who might respond to calls for help so you rarely see the same officer twice, when victims call police in rural areas, they are likely to see the same officer over and over. And there is a good chance that officer is a friend or family member to the victim or the abuser, or both. So then what? It can be difficult to feel comfortable and safe talking to someone who thinks your abuser wouldn't be capable of violence.

Now, when the times comes that a victim does decide to leave, they face new obstacles.

First, they find themselves with limited resources. Many victims have been isolated by their abusers, who have insisted that they not work and rely entirely on them for everything. Because it's a small town and people talk, it may be harder to get a job. Local business owners may be friends or family of the abuser and refuse to hire you, or someone familiar with your abuser's family, and is reluctant to "take sides" by hiring you.

Yes, you could look for work outside town, but.... What if you have no car? See, many times, if you're a victim who leaves,

So when they reach out to us and learn that there is help for them right here in Trempealeau County, they are more likely to take the next step in their journey to a healthier and safer life.

you have to leave behind your car. That's because your spouse put your car in their name only, and always threatened to call the police and report it stolen if you took it.

So, you don't have a car. And because there is no public transportation such as buses or cabs, you can't get to work that way. So you can't get a job outside town either.

If you don't have a job, you can't afford rent.

Even low income housing requires some income to lease to you. But, even if you had some money, smaller towns have fewer low income housing units. There may be no openings for you, which means you are paying full rent.

So, you - and the kids - end up living with friends and family. But you can only do that so long.

Eventually, you give up trying to make it on your own, and return to your abuser.

This pattern can be repeated over and over and over again.

That's why outreach offices like New Horizons' Trempealeau County office are so important. We recognize the obstacles that prevent victims in rural areas from finding safety, and help victims overcome them.

We work with each client to identify what barriers they face to being safe. Then we work on helping them develop plans.

We help them develop safety plans, so they can respond quickly when a situation threatens to turn abusive. We help them develop exit plans, so they can figure how and when they will leave their abusive situations, what things they need to have in place, so they will have a better chance of success.

We help them develop plans for self sufficiency, working out short term and long term goals, so they are never dependent on someone again.

For short term help, we provide shelter in our La Crosse shelter, and work with local agencies to secure housing in the county. We provide legal advocacy, helping them navigate the complex legal system to get restraining orders, divorces, child custody and other legal issues they face.

And last, but not least, we provide a listening ear. Victims often are reluctant to admit they are victims, even to themselves. So they reach out, often by phone, and start talking to us. They tell us what is happening to them, and how it makes them feel. Day or night, 365 days a year, victims can call our crisis line and talk with a crisis advocate.

Often, victims feel so isolated in the rural communities that they have resigned themselves to endure the abuse. So when they reach out to us and learn that there is help for them right here in Trempealeau County, they are more likely to take the next step in their journey to a healthier and safer life.

And when they do that, we're ready to walk beside them.

By: Sally Miller, Domestic Violence Advocate in Trempealeau County





Get Involved

Support Victims, Break the Silence

With the fallout of recent high profile events in the NFL, many more people are talking about domestic abuse and child abuse. It is sad that it has taken high profile cases for people to begin discussing an issue that has been seen as private business.

So many people expressed outrage and shock at the violence they saw happening in the elevator when Ray Rice knocked Janay Palmer unconscious. It was horrifying that Adrian Peterson would beat his son with a stick.

Domestic violence affects us all! It is happening locally every day. It is not pretty. It is insidious and violent, but kept secret because of feelings of guilt and shame.

We all need to be talking about abuse in order to prevent it and to support victims who are experiencing it.

We need to support victims with empathy and empowerment – not by asking, “Why does she stay?” The reality is that a victim does not stay because she is a “gold digger,” which Ms. Palmer was called.

She stays out of fear, love, children, isolation, and intimidation, and yes finances. Financial abuse happens in most cases of domestic violence, yet is rarely spoken of. In leaving, victims of domestic violence may face living in extreme poverty because they do not have access to family funds or a living wage job.

Spouse abuse and child abuse go hand in hand. Children learn what they live. We need to set good examples for our children, use non-violence parenting, and raise children with character and empathy in order to begin to prevent abuse from happening.

Please, when you hear conversations about domestic abuse amongst your friends, co-workers, families, neighbors, take the time to speak up and speak out against domestic abuse. Stand up for the victims who need our support.

Let people know that the victim is never at fault for the abuse that is inflicted upon them. Let people know that anyone can be a perpetrator, even professional athletes, military personnel, police officers, doctors, lawyers, truck drivers, bankers, teachers, construction workers.

Let victims know that there is help that is free and confidential. New Horizons is here for them.

Please help break the silence and stop the violence!

Keep up with what is going on at New Horizons Shelter and Outreach Centers by “Liking” us on Facebook!

Giving Tuesday

You’ve heard of Black Friday and Cyber Monday, but have you heard of Giving Tuesday?

#GIVINGTUESDAY™

New Horizons is partnering this year with Options Clinic and the YWCA of the Coulee Region for Giving Tuesday! Giving Tuesday is December 2, 2014.

We are encouraging the community to join the #UnSelfie Movement, think about local organizations in need, and give back in some way. You could volunteer, hold a bake sale, donate needed items, make a financial contribution. You could even donate a portion of your company’s proceeds that day, or match the donations raised by your employees.



Beyond that, we would love for you to encourage others to give too! Help spread the word! We are going to be taking to social media with a Giving Tuesday La Crosse Facebook page as well as have a fun event on December 2. Please check our Facebook page for more details.

If you would like more information about Giving Tuesday, please check out their web site: www.givingtuesday.org or feel free to call our Development Director, Liz at 608-791-2610 ext. 305.

Thank you for being a great friend to New Horizons!

Building Networks

New Horizons and Options Clinic were recently awarded a grant to build stronger relationships between sexual assault providers and reproductive health providers. Along with other teams across the state, Wisconsin Coalition Against Sexual Assault, and Health Care Education and Training; we will be working through this next year on a template and tools to help advocates and clinicians work together to meet the needs of sexual assault victims. We hope to create and disseminate best practices and tools that can be used throughout the state or even the nation!

If you are a survivor of sexual assault and have any input on how services either through advocates or through medical practitioners could be improved, we’d love to hear from you. Please feel free to contact Liz at 608-791-2610 ext. 305 or email liz.beard@centurytel.net.



Thank you!

Thank you to Our Summer Heroes!

Because of you: our sponsors, friends, and supporters, we raised enough money to support our shelter this summer. And 91 adults and children who were unsafe because of abuse found safety, support, and hope.

The sponsors listed here went above and beyond to ensure that we had plenty of cash and prizes for our raffle as well as door prizes for two events organized by our friends.

We especially thank Augie Walters and his staff at Augies Bar in Bangor for organizing a great poker run, flea market, and block party held in July.

We also especially thank Tara Grattan for organizing a volleyball tournament that was held at Twin Creeks in Hokah in September.

Thank you to everyone who came out to show their support for New Horizons! And thank you to our strong community of caring supporters who advocate for us year-round!

Amazing Community Support

We are so fortunate to live and work in this area! The community is incredibly supportive of all we do. Thank you to everyone who has helped us provide safety to women, men, and children affected by domestic violence this past summer!

Erie Insurance—Held a donation drive and collected several boxes of food, clothing, and personal care items. Plus donated a generous financial gift.

Whitehall Football Team—Held a charity scrimmage to benefit New Horizons.

Church Women United—Held their annual luncheon and collected donations of personal care items and other household goods to help New Horizons clients.

Nicklaus Martial Arts—Held a Women's Self Defense class and donated the proceeds to New Horizons.

Valley Dental—Held a shoe drive

Orange Pearl—Donated nail polish and hair care products

Thrivent Insurance—Held a personal care item drive

ESpa—Held a back-to-school drive to help children at the shelter with supplies for the first day of school.

St. James—Held a food and household needs drive

First Baptist Church—Held a September Shower to collect donations needed for New Horizons clients.

Quilting Group—Made and donated pillow cases and pillows.

Metropolitan Salon & Spa—Held a makeup and clothing drive.



Erie Insurance Staff



Fantastic Sams

Agri-Mark

La Crosse Insurance

Poellinger Electric

Evil Mike at Third Street

Custom Tattoo

Ballweg Midwest Toyota

Kirchner Custom Builders, Inc.

Co-Op Credit Union

La Crosse Community Theatre

Our Town Fresh Market

Ahz Pasta

Kwik Trip

Twin Creeks

Howes Diamond Jewelers

Piggy's Restaurant and Blues Lounge

Woodman's Markets

Sullivan's Supper Club

Charlie Smader State Farm Insurance

Allstate Foundation Grant

New Horizons is excited to announce a new Economic Empowerment Program in conjunction with End Abuse Wisconsin and the Allstate Foundation. With a grant from the Allstate Foundation, we will be offering economic empowerment education for survivors of domestic violence using the Allstate Foundation's *Moving Ahead Through Financial Management* curriculum. For those that successfully complete the curriculum, we also are able to provide matched savings through Individual Development Accounts to help survivors reach a personal goal that will help them become more self sufficient.

If you or someone you know is a survivor of domestic violence and could benefit from this program, please call Kyle at 608-791-2610 ext. 204. To learn more about the Allstate Foundation, please visit their web site at www.allstatefoundation.org.



Allstate
Foundation



NEW HORIZONS



SHELTER & OUTREACH CENTERS

Breaking Silence. Empowering Lives.

P.O. Box 2031

La Crosse, WI 54602-2031

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New Horizons Wish List

New Horizons can especially use laundry detergent, paper towels, body wash, lotion, hair conditioner, new socks and underwear, and twin & queen size comforters. Thank you for supporting New Horizons!

Household Items:

- Pots & Pans
- Dish & Flatware Sets
- Kitchen Utensils
- Glasses
- Kitchen Towels
- New Twin & Queen Sheets
- Trash Bags
- Plastic Wrap & Bags/Foil
- Paper Products
- Dish Soap/Scouring Pads
- Laundry Det./Bleach
- Laundry Baskets
- Cleaning Supplies
- Coffee/Non-Dairy Creamer
- Comforters
- Night-Lights
- Lamps
- Alarm Clocks

Personal Items:

- New Bras & Underwear
- Women's Shoes size 6-9
- Daily Planners
- Deodorant
- Razors & Shaving Gel/Foam
- Conditioner
- Hair Grease/Oil Sheen
- Hair Wrap Lotion
- Hair Relaxers
- Hair color
- Body Wash/Lotion
- Makeup
- Nail Polish & Remover
- Vaseline
- New Hairbrushes/Boar Bristle Brushes
- Nail Clippers
- Chap Stick

Baby / Children's Items:

- Baby monitors
- Diapers/Pullups (size 4 & up)
- Baby Wash/Shampoo
- Baby Ointment
- Baby Orajel
- In Season Kid's Clothing 2T and up
- Sippy Cups/Kid's Cups
- Bottles
- Children's Silverware
- Pacifiers

Teen Items:

- Notebooks
- Folders
- Markers
- Scissors
- Backpacks
- Calculators
- Rulers

- Loose leaf paper
- Teen clothing

Office Needs:

- Tape
- Stamps
- Copy Paper

Always Appreciated Items:

- Bus Tokens
- Craft/Art Supplies
- Knitting Supplies
- Gas Cards & Gift Certificates/Cards
- Pre-Paid Phone Cards
- Cash

Donations Phone:

608-791-2610 ext. 300

La Crosse Outreach Center:

1223 Main Street, La Crosse

Hours: M-F 9am-4pm