

Fall 2016 | Issue No. 11



## Dear Advocate of New Horizons,

Although I have shared my story of living with an abusive partner numerous times this is the first time I have shared why I stayed... It's been 25 years since I left him. Yet if I close my eyes, I can still remember why I stayed. Here are ten reasons why I endured the emotional and physical abuse for so long:

10. I didn't want to lose my friends.
9. I blamed myself for the abuse.
8. I thought I could change things.
7. I thought I would be alone for the rest of my life.
6. No one knew I was being abused.
5. I thought I wouldn't be able to survive when my children were with their dad for visits.
4. I thought I wouldn't be able to afford raising my children on my own.
3. I thought I would be a terrible mother if I took my children away from their father.
2. I didn't want to hurt him.
1. I still loved him.

If you know someone who is in an abusive relationship, please don't say "*If it were me, I'd leave right now*" or ask "*Why do you stay?*". It's not an easy choice. It can take years to build up the courage to leave. Be a friend. Be a lifeline when and if needed.

In empowerment,

**Ann Kappauf**

Executive Director

## IN THIS ISSUE

Letter from the Director.....	1
Domestic Violence Awareness ...	2-3
Now Trending.....	4
Upcoming Events .....	5
Many Thanks.....	6
Employment Opportunities.....	7
NH News.....	7
New Horizons Wish List .....	8

**Help us go paperless:**  
send us your email so we can  
send an electronic version  
[www.nhagainstabuse.org/get-to-know-us/newsletters/](http://www.nhagainstabuse.org/get-to-know-us/newsletters/)



Help is available 24 hours a day,  
7 days a week by calling our  
**CRISIS LINE** at  
608-791-2600  
or 888-231-0066

## Did you know?

- Witnessing violence between one's parents or caretakers is the strongest risk factor transmitting violent behavior from one generation to the next.
- Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.
- 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.

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

# October is Domestic Violence Awareness Month

## WHY DO DOMESTIC VIOLENCE VICTIMS STAY?

For someone who has never been abused, it is hard to understand why someone would accept to live with domestic violence. The dynamics of being abused by an intimate partner are extremely complicated. A victim may stay in the relationship because they are scared of what the abuser will do if they leave. When an abuser calls their partner names, puts them down and plays mind games it can make the victim feel bad about themselves. Many times victims believe that the abuse is their fault or that they deserve the abuse.

### LOVE.

Many survivors remember the person they fell in love with (prior to the abuse beginning) and want to believe the abuse will end. Often, survivors don't want the relationship to end; they only want the abuse to stop.

### MONEY.

Many survivors have few financial resources. The abuser may destroy the survivor's credit history, maintain control of the household income, and/or causes the survivor's job termination by harassing the survivor at work.

### ABUSER IS RESPECTED COMMUNITY MEMBER.

The abuser may be a community leader such as a religious leader, a high-ranking law enforcement officer, a doctor, or a well-known politician. Often, abusers are charming, witty people that most people think are "great people."

If you know or suspect that a family member, friend or work colleague is experiencing domestic violence, it may be difficult to know what to do. It can be very upsetting that someone is hurting a person you care about. Your first instinct may be to want to protect your friend or family member but intervening can be dangerous for both you and them. Of course, this does not mean you should ignore it. There are things you can do to help make them and any children safer.

*If you should witness an assault, please **call 911**.*

### TERROR.

Abusers terrorize, threaten, and intimidate their partners. Statistically, the chances of the abuser severely injuring or murdering their partner significantly escalates when the partner is trying to leave the relationship.

### ISOLATION.

The abuser may physically isolate the survivor in the house by locking the survivor in a room, and may take the telephone when leaving so the survivor has little, if any, contact with anyone outside the home.

### SHAME.

Although abuse is never the survivor's fault, many survivors feel ashamed that someone is hurting them. Survivors may believe, "this doesn't happen to people like me."

### FEAR OF THE UNKNOWN.

"Will the abuser continue to stalk and terrorize me after I leave? Will I be alone the rest of my life? Will the children and I end up homeless? Will people believe me or blame me when I seek help?"

### IMPACT OF ONGOING ABUSE.

The survivor's sense of self has likely been damaged by ongoing abuse. Their identity may be entirely enmeshed in the abuser's identity due to isolation and ongoing verbal and/or physical abuse. They may start to believe the abuse is their fault or that they're an inherently bad person.



# October is Domestic Violence Awareness Month

## DATING ABUSE AND TEEN VIOLENCE

Federal law and many state laws define domestic violence as abuse perpetrated by a current or former spouse, co-habitant, or co-parent. This leaves dating partners without protections afforded to other current or former intimate partners, including access to protective orders and protection from gun violence.

### TEEN DATING VIOLENCE:

- Nearly 20.9% of female high school students and 13.4% of male high school students report being physically or sexually abused by a dating partner.
- Nearly 1.5 million high school students in the United States are physically abused by dating partners every year.
- A 2013 study of 10th graders found that 35% had been either physically or verbally abused; 31% were perpetrators of physical or verbal abuse.
- A 2014 study found 10% of teenage students in dating relationships were coerced into sexual intercourse in the previous year.
- A 2013 study found 26% of teens in relationships were victims of cyber dating abuse. Females were twice as likely to be victims as males.
- 57% of teens know someone who has been physically, sexually, or verbally abused in a dating relationship.
- Only 33% of teenage dating abuse victims ever told anyone about it.
- 50% of youth reporting dating violence and rape also reported attempting suicide. This is compared to 12.5% of non-abused girls and 5.4% of non-abused boys.

### CAMPUS VIOLENCE:

- 43% of dating college women reported experiencing abusive behaviors from their partner.
- Over 13% of college women report that they have been stalked. Of these, 42% were stalked by a boyfriend or ex-boyfriend.
- 1 in 5 women are sexually assaulted during their college tenures.
- Date rape among college students accounts for 35% of attempted rapes, 22.9% of threatened rapes, and 12.8% of completed rapes.

### WHY IT MATTERS:

Domestic violence is most common among women between the ages of 18-24. The rate of marriage has declined steeply over the last fifty years. People, particularly young people, are dating longer than in previous generations. As people get married later in life, dating violence will continue to rise. Given the prevalence of domestic violence within these dating relationships and a shift in the structure of relationships today, communities must work together to ensure that victims of dating violence have access to resources and an increase in legal protections.



## Restraining Orders

In Wisconsin, any person who is considered to be a victim of domestic abuse has the right to file for a restraining order against his or her abuser.

In cases of domestic battery, the courts allow the victim or petitioner to apply for a temporary restraining order as an "ex parte" order, meaning you will not receive any advanced notice and do not need to appear in court initially for it to take effect.

A temporary restraining order in this type of situation is usually only in effect until a hearing can be scheduled, which is typically within about 14 days. During this time you can expect to receive a copy of the petition and the temporary restraining order.

If you are found to be in violation of either a temporary restraining order or a final injunction at any time, the possible penalties you would face include up to 9 months in jail and a fine up to \$1,000.

Once a temporary restraining order has been issued, the next step in this process will be a hearing scheduled by the court. This hearing will determine if the court determines there are grounds to issue a more permanent restraining order, or final injunction. If issued, this final order could be in effect for up to four (4) years and, in some situations, up to ten (10) years.



# NOW TRENDING



*This powerful documentary chronicles the dismally unjust aftermaths of two recent juvenile sexual-assault cases in the U.S.*

Two different girls sexually assaulted on two different nights, in two different towns. Audrie & Daisy takes a hard look at the issues faced by America's teenagers who are coming of age in the new world of social media bullying, spun wildly out of control.



Our annual fundraiser Victory over Violence is March 11th, 2017 at the Radisson Hotel Ballroom

You can help by sponsoring our annual fundraising event.

If you are interested in being a sponsor go to <http://bit.ly/VOVsponsor>.

## 2016 WI Deaths

The first domestic violence homicide of 2016 in America happened in Wisconsin. As of 10/05/16, the Death Toll of Domestic Violence in Wisconsin alone rests at 52 victims and 13 abusers, 1 unknown, for a total of 66 lives lost. That is a life lost every 4.2 days.

Almost a quarter of victims were age 18 or under. If the trend continues, that will be at least 87 lives lost in our state this year due to domestic violence. By comparison, End Abuse WI recorded 58 domestic violence related deaths in 2015, the most recent year on record. The highest year recorded was 67 deaths in 2009.

Source: <http://domesticviolencehomicidehelp.com/wisconsin-domestic-violence-toll-2016/>

**November 8th is Election Day please be sure to cast your vote  
for more info go to: <https://myvote.wi.gov>**

# UPCOMING EVENTS

AWARENESS +  
**Action**  
= Social Change

Domestic Violence  
Awareness Month

La Crosse Candlelight Vigil - October 31<sup>st</sup>

- 4:30p at the UWL, Hoeschler Clocktower
- Free Parking in the lot nearest the UWL Stadium
- Rain location is in 1300 Sentential Hall

Follow us on FB for updates on these events and more!

<https://www.facebook.com/NewHorizonsShelterAndOutreachCentersInc/>

**Black Friday. Cyber Monday.**

#GIVINGTUESDAY™

**November 29, 2016**

Giving Tuesday is the first Tuesday after Thanksgiving in the United States.

It is a movement to create an international day of giving to your area or national non-profits at the beginning of the Christmas and holiday season.



This year, 2016, we'll be celebrating our 22nd year with our Rotary Lights Display at Riverside Park.

**Our 22nd year begins November 25, 2016**

We have a ton of events for you and the family: Our Rotary Lights Parade, Live music entertainment, Hay Rides, Carriage Rides, live reindeer, breakfast with Santa, our 5k Ugly Sweater Run and so much more. With over 3,000,000 lights in our inventory, you can imagine the breadth and depth of this holiday display.

And remember, it's FREE.

**"We ask for voluntary food and cash donations"**



Contact Jen Scaccio  
608.791.2610 x1203

The Holidays are always a special time of the year; families come from afar to gather and visit, exchange gifts and sit together at the dinner table to eat Dad's famous ham or Mom's traditional turkey. Rooms are filled with Grandpa's stories and giggles from the children. For the residents and clients of New Horizons, the holidays looks quite different. Unfortunately, abuse doesn't wait until after the holidays. Often abuse happens right before or during the holidays. Families become broken and sad all for the sake of power and control. This is why the staff, volunteers and donors make an extra effort to bring the spirit of the holidays to those who feel like it may be lost while experiencing domestic violence. Last year, New Horizons was able to provide gifts to 104 people because of kind hearted people in our community such as you. Of those 104 people, 63 were children, 38 were women and 3 were men. Staff and volunteers had the amazing opportunity to be present as people received their gifts. Some cried happy and grateful tears and others just hugged and thanked us. After the holidays, we received many thank you cards from the recipients of our holiday program that we forwarded to the donors. Donors, in return, would call us to thank us for the opportunity to give to those in need. The staff at New Horizons, are grateful for our supportive and giving community. We continue to ask for your support during the holidays so that together, we can continue to provide some cheer to persons and their children who are tragically affected by domestic violence during the holidays. Here are a few ways that you can contribute to families in need during the holidays:

\*Sponsor a Family    \*Donate Unspecified Gifts    \*Monetary Donation    \*Host a Drive    \*Food Drive

# Many Thanks!



We had a great time at the 23rd Annual A.L.M. Charities Golf Classic! Sold plenty of raffle tickets while spreading awareness. Thanks to all those who attended, donated and supported New Horizons!



<http://www.almcharities.com/>

Thank you to GM Classics for hosting the Car Show at Kornfest and your generous donation to our cause. Check out this car that New Horizons chose as the best in show.



Thank you to Health Tradition Health Plan for sponsoring our entry into Maple Leaf parade, We won **Best Equestrian Unit**. This marks our 9th year participating in the parade.

**HealthTradition**  
Health Plan  
WITH MAYO CLINIC HEALTH SYSTEM



Thank you to Augie's Bar and Grill for Hosting their 6th Annual Poker Run. New Horizons received a check for over \$1,000. Thank you to all who supported this wonderful event.

**HOME** 2  
SUITES BY HILTON

Thank you to Home2Suites for partnering with New Horizons during their Grand Opening. We received pillows, school supplies and cash donations during the evening. We appreciate being a part of your program called Your2Hands. We look forward to working with them all year.



## Top 50 Donors for July—September

Augies Bar & Grill  
Bob and Jill Buck  
Capstone Leadership Solutions  
Craig M Hanson & Associates  
David and Sandra Johnston  
David Maddocks  
Dr. Charles and Lenore Rodman  
Dr. R. L. and Janet Virata  
E-Spa & TLYN Makeup Studio  
First Congregational Church U.C.C.  
First Lutheran Church Fdtn Fund  
Gap, Inc.  
George and Elizabeth Kruck  
Gift of Grace Lutheran Church  
GM Classics, INC.  
Haley Haus  
Health Tradition Health Plan  
James and Janice Hanesworth  
Jane Hoefert  
Jean Willer  
Joan Yeatman  
John and Ardu Cleveland

Journey Lutheran Church  
Judy Jordan  
Kathy Zieja  
La Crosse Community Foundation  
LaMay Hansen  
Lynda Nimtz  
Mainstream Boutique  
Mathy Construction  
Michael and Barbara Chase  
Mickey Padesky  
Nancy Fulkerson-Hill and Edwin Hill  
North Beaver Creek Women of the ELCA  
Operation Homefront  
ORC Industries  
Our Redeemer Women - ELCA  
Rachel Krueger  
Rosalind Laraway  
Rosanne and Alan Schulz  
Russ and Sandy Lee  
Sally Stichman  
Sandra Ann Locher  
Sandy Keller

Stansfield Vending  
Thirty One Consultants  
Tom Jacobs  
Tori Ashten  
Touch of Class  
Trust Point, Inc.  
Venkateshwaran and Kaumudi Iyer  
Walmart Stores, Inc.  
Christ Lutheran  
Westby United Methodist Church  
Women's Fund of Greater La Crosse  
Wood Family Chiropractic, PC

Great Rivers United Way continues to support our programs through grants from funds through their annual campaign.

New Horizons also received generous grants from the following funds: The Women's Fund Of Greater La Crosse, La Crosse Community Foundation, Mathey Construction, and many more.

These are just a few of the multitude of gifts from companies, churches, organizations, and individuals. Thank you!



# NH NEWS

## Staff Retreat

New Horizons Team spent the day at Whispering Pines for the All Staff Retreat. Building a cohesive team is an important part of helping our community. Thank you Staff for all your hard work.



We are in need of volunteers for various duties. If you are interested in helping out please contact our Volunteer Coordinator, **Zarah Augustine** and find out how you can help. There are many options to choose from in many areas. Call Zarah at **608.791.2610 ext. 1301** or email her at **volunteer@nhagainstabuse.org**. We appreciate your consideration. Volunteer application is at <http://www.nhagainstabuse.org/wp-content/uploads/2016/01/Volunteer-Application-2015.pdf>



Join us in welcoming new faces to our team:

Arlette, Diversity Advocate,  
[diversity@nhagainstabuse.org](mailto:diversity@nhagainstabuse.org), 608.791.2610 ext. 1202

Tawn, Brenda & Erin, Crisis Advocates

***Interested in joining our team?*** Check out open positions on our website link  
<http://www.nhagainstabuse.org/get-involved/employment-opportunities/>

Interested in getting emails about upcoming events and/or legislative updates?  
Send your email with subject line *Add to email list* to: [sheilac@nhagainstabuse.org](mailto:sheilac@nhagainstabuse.org)

**Be sure to like our Facebook page at**  
<https://www.facebook.com/NewHorizonsShelterAndOutreachCentersInc/>



new  
horizons  
SHELTER & OUTREACH CENTERS

advocating against domestic & sexual abuse

P.O. Box 2031 | 1223 Main Street  
La Crosse, WI 54602

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Permit No. 147



## New Horizons Wish List

### Household Items:

Pots & Pans  
Dish Sets  
Kitchen Utensils/Knives/Can Openers  
Flatware  
Glasses  
Kitchen Towels  
New Twin and Queen Sheet Sets  
Trash Bags  
Laundry Baskets  
Paper Towels/Tissue/Toilet Paper/  
Napkins  
Shower Curtains  
Plastic Wrap/Foil  
Ziploc Freezer Bags  
Paper Plates  
Dish Soap  
Scouring Pads  
Laundry Detergent/Bleach  
Laundry Baskets  
Cleaning Supplies  
Disinfectant Spray/Wipes  
Coffee/Non-Dairy Creamer  
Quilts/Comforters - all sizes  
Night-Lights  
Lamps  
**Pillows**  
**Blankets**  
Alarm Clocks

### Personal Items:

New Bras & Underwear all sizes—  
*especially women's underwear -size sm-xl*  
Pajamas all sizes  
Winter clothing for women  
Women's Shoes size 6-9  
Winter Boots  
Robes  
Journals/Diaries  
Daily Planners  
Deodorant  
Razors  
Conditioner  
Hair Grease  
Hair Wrap Lotion  
Hair Relaxers  
Oil Sheen  
Hair color  
Tampons/Pads  
Body Wash/Lotion  
Makeup  
Nail Polish & Remover  
Vaseline  
New Hairbrushes  
Nail Clippers  
Chap Stick  
Umbrellas  
Sunscreen

### Baby/Children's Items:

Baby monitors  
Diapers/Pull ups  
Baby Wipes  
Baby Wash/Shampoo  
Baby Ointment  
Baby Orajel  
Pack 'n' Plays  
Children's Blankets/Quilts  
Children's Clothing 2T & up  
Sippy Cups/Kid's Cups  
Bottles/Bottle Brushes  
Pacifiers  
Children's Silverware

### Teen Items:

Notebooks  
Folders  
Markers  
Scissors  
Backpacks  
Calculators  
Rulers  
Loose leaf paper  
Seasonal clothing  
Teen Pajamas  
**Office Needs:**  
Tape  
Stamps  
Copy Paper

New Horizons can  
especially use;  
gas cards,  
pain/cold/allergy  
medications, socks,  
underwear, pillows,  
blankets &  
seasonal clothing

### 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. 1300 or 1305

### Location:

1223 Main Street—La Crosse

**Hours:** M-F 9am-4pm  
*Outreach Centers are closed  
first Tuesday of the month.*

**LIVE UNITED**™



New Horizons is proud to be a participating agency of the  
Great Rivers United Way