



Dear Friends,

I don't know about you, but at both home and work my life has been a blur of rushing from one thing to the next lately; and it's probably not going to let up for a while, as we are quickly moving into the holiday season.

While we all tend to get ourselves overbooked with family, friends, and work commitments, we rarely take the time for self-care. That's a term that's been tossed around a lot, but do you really know what that means for you? It's different for everyone. What puts you in your happy place? Writing? Painting? Reading a good book? Letting grandma and grandpa take the kids for an afternoon while you treat yourself to a manicure and some dark chocolate?

Self-care can take any form—as it's just about slowing down and being present in the moment of something that brings you joy or relaxation.

At New Horizons, we try to make sure our advocates take the time for self-care as well. They are on the front lines, helping victims of abuse to navigate some scary and challenging life situations. Those difficult situations obviously bring a lot of stress for the victim, but also for the advocate who is deeply committed to being there for them.

It's quite an amazing feat of balance; holding the hand of a victim through difficult times, and still being able to provide enough space for them to make their own choices. Being there—being present in the moment for a victim is what our advocates do so well.

One of the most important tools that our advocates help victims of abuse with is "Safety Planning." Of all the free and confidential services and resources we provide to our clients—safety planning is easily the one that will save the most lives. You can read more about what an amazing key to survival that is for victims on page 2.

We are grateful to those in the community who have so generously supported New Horizons this year with financial donations that allow us to continue providing those free and confidential services and supports to victims of abuse. If you're reading this and have decided that you'd like to make a donation to help us with our work, we would love to welcome you into our family of supporters. Simply log onto our website at www.nhagainstabuse.org and click the "DONATE" button, or you can mail a check to us at PO Box 2031, La Crosse, WI 54602.

In Empowerment,
Ann Kappauf
Executive Director

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Help us go paperless:

send us your email
so we can send an
electronic version

www.nhagainstabuse.org/get-to-know-us/newsletters/

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

www.nhagainstabuse.org

SAFETY PLANNING SAVES LIVES



Cindy ran into the bedroom and locked the door, but her husband threw his weight against it trying to knock it open. Her heart raced as her hands frantically searched under the bed for the box.

Another hard thump against the door, as he screamed at her from the other side. She knew he wasn't going to take the news well that she was leaving him for good. She barely escaped his grasp when he wrenched her arm with one hand, while smashing her cellphone to the ground, breaking it into pieces with the other. Who knew what he would do if he managed to bust the door down now?

She ripped open the box and grabbed the shoe which held the emergency cell phone that she kept charged and stashed there. Pressing the power button, she prayed the door would hold long enough for her to call the police and get help.

What seemed like an eternity was actually about 20 seconds. The phone finally flashed ready. Cindy hit the button, calling 9-1-1. Panicked, but grateful to hear the voice of the operator, she knew that now someone would know she was in danger.

She quickly gave her name, location, and a description of the situation—exactly as she had rehearsed so many times, should this moment ever arrive. Another hard pound onto the door, as her husband continued to slam his body against it, trying to break it from the frame. Cindy tried to focus on the operator's voice on the other end, hearing the fear rise in her own voice as she tried to answer questions about what was happening. She could hear the keyboard on the other end of the phone typing. She took a deep breath and held it. Would help arrive in time?

The most dangerous time in an abusive relationship is when the victim finally decides to leave the abuser. It's an incredibly volatile and unpredictable time, when emotions run high. The abuser feels power and control slipping away—and that can bring on a whole new level of danger for the victim. It is for this reason that Safety Planning is so important for victims.

Safety Planning is highly personalized, as every situation is completely different. A cookie-cutter approach does not work and cannot ensure the safety of the victim. Each plan must be walked through with eyes wide open, searching for “holes” in the strategy, which could render the victim in a highly dangerous situation if not thoroughly examined prior to implementing.

That's the tricky part about Safety Planning. You can't just make one plan and expect it to be enough, because things change. Much like a pilot of an airplane who must always be prepared for an emergency landing—constantly scanning the ground below, seeking a new spot should it be needed—a victim of abuse must also be constantly revising and preparing a safety plan, because circumstances can change. Often a “Plan B,” “Plan C,” and even more plans are crafted to best prepare a victim of abuse when a dangerous situation arises in their relationship.

(CONTINUED ON PAGE 3)

SAFETY PLANNING SAVES LIVES - Continued

Can you imagine living your life in survival mode like that?

All advocates at New Horizons are trained in helping victims put together a Safety Plan. It's just one of the many free services and supports we provide to our clients. New Horizons is also an integral part of joint effort with the La Crosse Police Department called DART, which is an acronym for "Domestic Abuse Reduction Team."

The DART team is highly proactive, monitoring police reports and following up on referrals for high risk situations, working to reduce domestic violence and make the community a safer place for families and officers. DART pairs up police officers with victim advocates from New Horizons who visit victims to offer resource information and support. Safety Planning is a main component in their work.

"Safety Planning needs to be a discussion, not reading a form. It can do more harm otherwise. You have to think outside of the box, as a person's situation can change from day to day," Rita Carranza, DART Victim Services Coordinator says.

Carranza goes on to say that living in fear can be overwhelming, but being a survivor means you've been safety planning all along. For example, the victim gets to know that "look" the abuser gets before a violent incident, or when the abuser is wrestling with substance abuse or mental health problems—what usually happens. A victim has trained themselves over time to recognize things and become proactive. Making smart decisions to ultimately steer what could spiral out of control by working to diffuse situations before they escalate.

"You have to plan for the worst case scenario, and rehearse, rehearse, rehearse; putting obstacles between you in your safe room, and the abuser," Carranza says. "Nobody can keep you safe 24/7," but incorporating Safety Planning can certainly increase the odds in the victim's favor.

Just this past year, 62 victims lost their lives due to domestic abuse in Wisconsin. That's 62 unnecessary deaths, many of which left children orphaned and families overwhelmed by tremendous grief as they try to pick up the pieces.

Domestic violence is real and it's in our community. Listen to and believe a victim if they open up to you. Help them to get in touch with someone who can help with free resources and supports, like New Horizons. You could very well be saving their life.



Mission:

"To reduce domestic violence through a unified effort between law enforcement and victim service agencies with the goal of making La Crosse County a safer place for families and officers."

Phone: (608)789-8033
dartcoord@nhagainstabuse.org

High Five\$ to Break the Silence & End the Violence



Madelyn Gustafson of La Crosse



Samantha North of Etrick



Leyonda Busby of La Crosse

Throughout the month of October, New Horizons was able to bring more attention to our Domestic Violence Awareness efforts, thanks to the support and underwriting of Kwik Trip. We held a contest that lasted most of the month called "High Five\$ to Break the Silence & End the Violence," which gave three area residents the opportunity to win up to \$20,000!

We kicked off the month with Domestic Violence Awareness walks, talks, and vigils in both Whitehall and La Crosse on October 3rd. At both locations we took registrations to become the first qualifier for our "High Five\$" contest. Madelyn Gustafson of La Crosse was drawn from all of those entries.

Next, we held a series of online daily DVAM quizzes for 15 days. Out of all attempts to take the quizzes, Samantha North of Etrick was randomly drawn as our second qualifier.

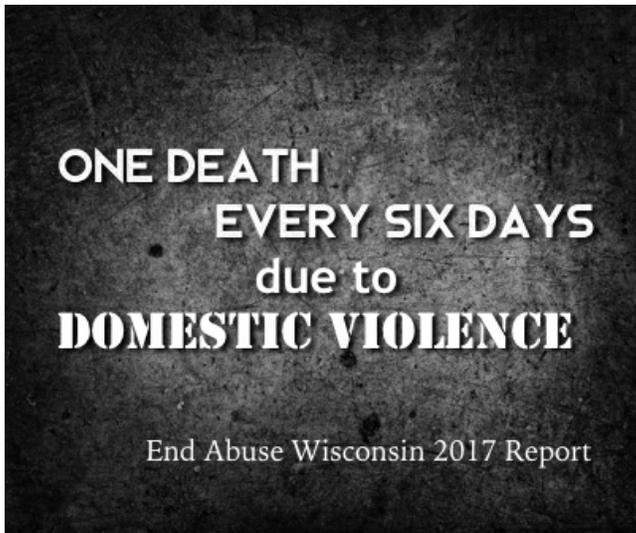
The final event was held on October 24th at Copeland Park in La Crosse. We held on-site registrations, and Leyonda Busby of La Crosse was randomly drawn as the third and final qualifier for the contest.

All three ladies were given 40 envelopes. Inside each envelope was a token for one of four prizes: \$100, \$250 Kwik Trip gift card, \$1000, or \$20,000. They each took a turn opening one envelope at a time, revealing one of the prizes until they had five matching prize tokens. Once each contestant had five tokens for one of the prizes--that was what they won.

All three contestants could have won \$20,000-- Madelyn Gustafson came the closest, opening up three tokens for \$20,000. In the end, all three ladies each ended up winning a \$250 Kwik Trip gift card.

Thank you to all who took part in the activities--and especially to Kwik Trip for their tremendous support!

Startling Statistics



Each year, End Abuse Wisconsin releases a homicide report that provides some startling statistics on domestic abuse in our state. The report on 2017 was no different.

The good news is that total deaths due to domestic violence were down about 15% from the previous year. The bad news is that there have already been three lives lost in 2018 from the immediate La Crosse area that will be added to the statistics for next year's report.

End Abuse breaks it down into easy-to-understand statistics. In 2017, individuals in Wisconsin died at a rate of one death every six days, due to domestic violence.

WISCONSIN 2017 compared to 2016	2017	2016
Incidents of domestic violence homicide	40	51
Victims of domestic violence homicide (excluding by legal intervention)	45	57
Homicides by legal intervention (responding law enforcement)	3	2
All domestic violence-related homicides	48	59
Perpetrator suicide (excluding by legal intervention)	13	12
Attempted homicide incidents with perpetrator suicide	1	2
Total deaths (victim and perpetrator)	62	73

Courtesy of End Abuse WI- "Wisconsin Domestic Violence Homicide Report 2017"

There are a few other things that were brought into the light during Domestic Violence Awareness Month that you may have missed, but may be shocked to learn:

- **Domestic violence did not become a federal crime until 1994.**
- **Approximately 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.**
- **The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.**

UPCOMING EVENTS

Black Friday. Cyber Monday.



The holidays are almost upon us and that brings the excitement of Black Friday & Cyber Monday shopping for many.

After the dust has settled from those two big shopping days, consider participating in #GivingTuesday and helping New Horizons.

The gift you give will help us continue to provide the free and confidential services and supports to victims of domestic abuse, sexual assault, and human trafficking in the community.

You can even donate now, if you're ready. Just head to our website: www.nhagainstabuse.org or you can simply mail a check to New Horizons at PO Box 2031, La Crosse, WI 54603.

VICTORY — OVER — *violence*

GALA & AUCTION
MARCH 23, 2019

We are hoping that you would be willing to provide an item for the raffle, or silent auction at our Victory Over Violence Gala. We appreciate any of the following:

- 🦋 Gift certificates
- 🦋 Your Company product
- 🦋 Experiences-Golf, Hotel Stays, Spa Packages
- 🦋 Promotional items
- 🦋 Passes/event tickets, concerts, services:
Such as salon packages, massage, classes, etc.

Any item you are able to provide would help in our ability to support families struggling to cope with domestic violence and sexual assault.

In order to continue making a difference in the lives of individuals affected by the work of New Horizons, it is vital for our 2019 Victory Over Violence Gala to be a success. Can we count on you to contribute an auction item to this important cause?

Please be assured that your contribution will be put to good use to provide help to the victims and their families.

To donate or inquire about sponsorship opportunities, contact Patty Nuttleman at 608.791.2610 ext. 1305.



We are celebrating 40 years at New Horizons Shelter and Outreach Centers.

We have done a lot in the past 40 years:

Expanded and added services, changed our name, re-branded, re-located, introduced new events and most importantly, helped countless people

40 YEARS OF LISTENING, UNDERSTANDING & GUIDING

40 YEARS OF HELPING, BEING PRESENT & EMPOWERING

40 YEARS OF COUNSELING, MENTORING & TEACHING

www.nhagainstabuse.org

Top 50 Donors for July - September 2018

Mannstedt & Son, Inc.
Trane Family Foundation
Ho-Chunk Nation
William & Cynthia Berg
Roy Campbell
Logistics Health, Inc.
Kwik Trip, Inc.
Colleen Kinsey
Richard & Carla Seeks
Dennis & Sharon Ryan
Network for Good
YourCause, LLC Trustee
Tara Johnson
Boss Ladies Who Brunch
Cheryl Higgins
Mississippi Valley Mayhem
Mitch Reynolds & Anna Krause
Presbyterian Women - West Salem
Marie Miller
Gunner's Top Notch Truck Accessories
Plato's Closet/Style Encore
Wendi Hundt

GM Classics, Inc.
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Carmen Powell
Terri Urbanek
Angela Tamke
Nicole Stakston
Elite Repeat
Drs. Robert & Judith Green
Phyllis Ernst
Phyllis O'Connor
Maureen & Robert Freedland
Susan Cieslicki
Katie Sluga
Kerry Jerue
Rebecca Goche
Faith United Methodist Church
Vanessa Southworth
Ann & Brian Kappauf
State Bank Financial
Kimberly Hanson

Jen & Joe Scaccio
Margaret & Daryle Wood
Amy Werner
Paul & Melinda Polege
Amy Danielson
Yvonne L'Abbe

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, Mathy Construction, and many more.

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

Thank you!





Non-profit
US Postage
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La Crosse, WI
Permit No. 147



New Horizons Wish List

Household Items:

Air freshener spray
Alarm clocks
All-purpose cleaners & disinfectants
Bath & beach towels
Coffee & non-dairy creamer
Dish soap
Hand towels & wash cloths
Kitchenware
Lamps
Laundry detergent, baskets, & fabric softener
Bleach
Lightbulbs
Over the counter medications:
(Tylenol, Ibuprofen, fever reducer)
Paper towels & toilet paper
Pillows
Plastic wrap & aluminum foil
Queen sized bedding
Twin & Full size bedding
Shower curtains
Storage containers with lids (all sizes)
Garbage bags (13 gal)

Teen Items:

Clothing Earbuds
Craft/Art Supplies Journals

Personal Items:

Men/Women/Children clothing (IN SEASON ONLY. Limited space)
Hair brushes
Nail clippers
Nail polish & remover
New bras (all sizes)
New underwear & socks (all sizes for Men/Women/Children)
Pajamas (all sizes)
Razors
Tweezers
Vaseline
Deodorant
Ethnic hair supplies
Makeup (*new/unused only*)
Full coverage foundation (*to cover scars/bruises*)
Feminine hygiene pads
Shampoo & conditioner
Women's tennis/comfort shoes (sizes 6-10)
Men/Women/Children winter boots (all sizes)

Pet Supplies:

Cat Litter Dog/Cat Food
Large Kennels Leashes

Baby/Children's Items:

Baby monitors
Baby Orajel
Baby wash/shampoo/lotion
Bottle brushes
Diapers (size 3 - 6)
Kid's cups/sippy cups
New Toys

Office Supplies:

Books (Spiritual/Recovering/
Inspirational)
Copy paper
Lanyards
Scotch tape
Solid color folders
Postage stamps

Winter Wear:

Hats/mittens/gloves/scarves
Snowsuits for kids
Coats
Hand/foot warmers

Wish List:

Food dehydrator
Food Saver (vacuum sealer)
Wall clocks
Vacuum cleaners

New Horizons Needs:

Seasonal clothing, gas cards, pain/cold/allergy medications, feminine hygiene products, new socks & underwear, towels, pillows, & blankets

High Importance Items:

- Bus Tokens
- 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.