

SURVIVOR STORY

Changing lives and giving hope

Jolene's abuser would take his smoldering cigarettes and burn her and the children just for sport. He would repeatedly beat her bloody in front of the kids. The trauma this family endured is unspeakable.

(See page 3)



February is

**TEEN DATING
VIOLENCE
AWARENESS
MONTH**



TEEN DATING VIOLENCE MONTH

Being aware is only the first step

February is Teen Dating Violence Awareness Month #TDVAM. That means it's a good time to sit down with your teen and talk to them about healthy relationships. It's the key to setting them up for success in their relationships with others.

(See page 5)

PROTECTING CHILDREN

You have the power to make a difference.

One in ten children are sexually abused before their 18th birthday. You can help change that--and make a difference in the young lives of children in our community. Learn how to recognize, take proactive steps, and react responsibly to child sexual abuse.

(See page 6)



Executive Heart-to-Heart



Dear Friends,

Back in the days of Aqua-net bangs, Jheri curls and mullets; acid washed jeans, Ray Bans, and Prince, we teenagers didn't receive education on healthy relationships and personal boundaries.

Little did I know that what I thought was love, was really jealousy. What I thought was inclusion, was really isolation. And what I thought was a onetime glimpse of anger was really a preview of the physical abuse to come. I was a victim of teen dating violence.

Now, more than 35 years later, I know that:

- 1 in 3 girls in the U.S. is a victim of physical, emotional or verbal abuse from a dating partner, a figure that exceeds rates of other types of youth violence (Loveisrespect)
- 1 in every 5 high school students report being physically and/or sexually abused by a dating partner (DoSomething.org)
- Young women between the ages of 16 and 24 experience the highest rates of intimate partner violence (Respond Inc)
- 81% of parents believe that teen dating violence is not an issue (Loveisrespect)

As a parent (grandparent, older sibling, aunt/uncle) I encourage you to begin to talk openly to your teen about healthy relationships. Be understanding and non-judgmental. Teach them at a young age to respect themselves and stress that no one has the right to insult, control or hit them. Learn to take advantage of the most teachable moments use TV, movies, music, news and even your own experience to discuss what healthy and unhealthy relationships are.

Help your teen understand the difference between love and jealousy! It may save them from becoming a victim of abuse.

In Empowerment,



Ann Kappauf
Executive Director

Changing Lives

If you recently made a contribution to New Horizons, THANK YOU! You are making a difference in the lives of victims of abuse in our community!

Let us put a face on your impact.

Jolene says she and her children are alive today, thanks to the help they received through people like you.

Her abuser would take his smoldering cigarettes and burn her and the children just for sport. He would repeatedly beat her bloody in front of the kids. **The trauma this family endured is unspeakable.**



Each time Jolene would start to consider leaving and find her voice, her abuser would gaslight her by hiding things, like her cellphone or her purse and then telling her she was losing her mind or stupid for not being able to keep track of things.

The constant physical, mental, and verbal abuse was overwhelming for Jolene. Her self-confidence was below zero. Her children were facing a similar fate themselves, having witnessed such horrors.

There was a nagging in her gut that told her she needed to do something, but it was so hard for her to believe in her own thoughts and feelings at this point. **Her abuser had manipulated her into not even trusting herself.**

The fact that Jolene found the courage to call the New Horizons Crisis Line is astounding. It's been a long journey for her and the kids. They've spent quite some time at our shelter, rebuilding their lives.

But they ARE rebuilding. Each day, they take another step toward independence. Jolene says having an advocate by their side to help guide them has made all the difference in finding her confidence again. She also says her kids haven't smiled this much in years.

YOU made this possible. Your gift is changing lives! Because of your support, the safety net was in place for Jolene when she finally found the courage to "jump" out of a destructive relationship.

THANK YOU for becoming a difference-maker by supporting the lives of survivors of abuse!



La Crosse and Trempealeau Counties and Surrounding Area:

Toll-free: (888)231-0066 | Local: (608)791-2600

nhagainstabuse.org

ALL SERVICES ARE FREE & CONFIDENTIAL

Nothing to See Here



I had been talking with a friend about my job at New Horizons. She wanted to donate some items that we had on our Current Needs list, so I gave her my business card.

The next day when she dropped the items off, she shared with me a "funny story."

Her husband saw my business card on their kitchen counter when he got home. He had a puzzled look on his face and asked her almost defensively, "Why do you have a New Horizons business card?!"

You're likely in one of two camps after reading that. You're either chuckling at the thought of her husband thinking she was seeking services--OR you're mortified that he can't think past the stigma of abuse and be comfortable with someone supporting or even talking about abuse.

Let's be honest here. Abuse happens. Even if you choose to ignore it--that doesn't make it stop.

As a matter of fact, when you decide to ignore it, you're basically giving a pass to the abuser by not acknowledging what they are doing is wrong. You're empowering the abuser to continue to abuse.

It's not OK to abuse someone. It's not OK to ignore abuse.

The only way change can happen is if we shift the way we choose to look at things, and try to put ourselves in someone else's shoes.

How much effort is needed to check in on a neighbor that you think may be experiencing abuse?

How much effort is needed to be open minded when hearing about someone's struggles?

How much effort is needed to ask someone if they need help?

How much effort is needed to give someone the New Horizons Crisis Line phone number?

When we start to normalize talking about abuse, we start to take away the power an abuser holds over their victim. Help someone get out of the darkness. Bring the discussion into the light. Don't be afraid to take a stand. There are others who are ready to join you.



February is TEEN DATING VIOLENCE AWARENESS MONTH



Abuse can be hard to spot, especially if your child (or the person abusing them) is trying to hide it. That doesn't mean you should go snooping — respecting their privacy is an essential part of maintaining trust — but keeping an eye out for early warning signs of abuse can help you identify if they're involved in an abusive relationship before the situation escalates.

If you do notice these signs, remember that it's important to respect the decisions they make for themselves if you want them to trust you.

Signs your child's relationship may be abusive include:

- Extreme jealousy or possessiveness from your child's partner.
- Unexplained marks, bruises, or injuries.
- Constant emails, texts, or calls from their partner.
- Depression or anxiety.
- Decreased interest in extracurricular activities or other interests.
- Isolation from other friends and family.
- Changes in appearance including clothes, makeup, or hairstyle.
- Abuse to other people or animals from your child's partner.



Your instinct is probably to try to get your child out of their relationship as quickly as possible. Unfortunately, ending an abusive relationship is never as easy as simply leaving and efforts to make your child's decision on their behalf could isolate them further. Instead try the following:

- Listen and give support
- Accept what your child is telling you
- Show concern
- Focus on behaviors, not the person involved
- Avoid ultimatums
- Be prepared
- Decide on next steps together

From [LoveIsRespect.org](https://www.loveisrespect.org)

Learn more about healthy relationships through quizzes and other resources at
<https://www.loveisrespect.org/healthy-relationships/>

If you (or your child) are in an abusive relationship, remember:
It's not your fault. You are not alone. Help is available.



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nhagainstabuse.org



facebook.com/NewHorizonsShelterAndOutreachCentersInc



[@more_than_a_shelter](https://www.instagram.com/more_than_a_shelter)

NH News Nuggets



Virtual Support Groups

We are transitioning our in-person support group to a virtual platform, due to COVID.



WEDNESDAY ADULT SUPPORT GROUP is a six-week virtual support group for adults and is held from 4:00 p.m. to 5:30 p.m. through ZOOM. Please contact us in advance for instructions or with any questions or concerns you may have. Inquiries should be directed to (608)791-2610 ext. 1309.

WEDNESDAY YOUTH SUPPORT GROUP is a six-week virtual support group for youth and is held on Wednesday from 4:00 p.m. to 5:30 p.m. through ZOOM. Children of all ages are welcome. Please contact us in advance for instructions or with any questions or concerns you may have. Inquiries should be directed to (608)791-2610 ext. 1203.



Stewards of Children Training

One in 10 children are sexually abused before they turn 18. Learn how to recognize, take proactive steps, and react responsibly to child sexual abuse through this important training from Darkness to Light--offered at no charge through New Horizons

Due to COVID-19, this **FREE** training continues to be virtual.

Monday, March 1st from Noon - 3pm (English)

Tuesday, March 23rd from 5:30pm - 8:30pm (Spanish)

Monday, April 5th from 2pm - 5pm (English)

Tuesday, April 27th from 1pm - 4pm (Spanish)

Made possible, thanks to the support of



Special Thanks to Al Louis and his Rotary Musky Challenge!

REGISTER

ONLINE AT
www.nhagainstabuse.org

TODAY!

Online Event!



Save the Date

**Thursday,
April 8th, 2021
6:30pm - 7pm**

Top 50 Donors: Oct - Dec 2020

Mary Lund
Logistics Health, Inc. (LHI)
Co-op Credit Union
Martin Kolar
Sue Anne Gelatt Foundation
Trane Family Foundation
Bryant Schaefer
Jake and Emily Bowe
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Stephen and Debbie Devine
Peter and Mary Nelson
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Marine Credit Union Foundation
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Burkhardt Physical Therapy Center, LLC

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Gundersen Partners
Wayne Hood
Gene and Marcia Meyers
Rebecca and James Naugler
Olivet Beacon of Light Lutheran Church
Park Bank
Mary Ann Phalen
Rosalie Schnick
Grace Schroeder
Richard and Carla Seeks
Theresa Wang
Leslie Wegener
James and Marcia Wine

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



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

Thank you!



advocating against domestic & sexual abuse

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La Crosse, WI 54602

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New Horizons - Current Needs

Due to very limited space, our donation protocol has recently changed.

We no longer accept any clothing or small appliance items unless it is something that we have specifically put out a request for on our Facebook page. ***We recommend calling ahead before coming with donations to help make it a seamless experience. That number is (608)791-2610, ext. 1300.***

We encourage you to donate items we are not currently accepting to other non-profit organizations. Please consider donating furniture to The Exchange. You can reach them at 608-301-5345.

We work closely with other non-profit organizations to ensure that those we provide services to have their clothing and furniture needs met, this allows us to remain focused on our mission.

We always accept donations of new and full-sized personal care items.

- Cellphones, chargers, & Phone plans (Straight Talk)
- Multi-plug chargers for cellphones
- Pre-paid cellphones
- Pre-paid phone cards (Boost Mobile, Straight Talk, T-Mobile, Tracfone)
- Ring doorbell cameras
- Gift certificates (for gas, groceries, etc.)
- Sweat pants or black leggings
- Youth joggers or black leggings
- Weighted blankets & fidget toys
- Baby Orajel and new teething toys
- Ear buds/headphones
- New storage containers with lids (all sizes)

**Immediate
Needs**