

THE EMPOWERMENT PRESS

Spring 2022 Issue

WHAT'S INSIDE



Child Abuse
Prevention Month



Upcoming
Trainings



Sexual Assault
Awareness Month



Executive Heart to Heart

Dear friends of New Horizons,

No one likes to think about child abuse. No one wants to talk about abuse. But we need to because **1 in 7 children experience abuse or neglect.**

Why do adults abuse children? ▪ history of child abuse or neglect during their own childhood ▪ poor parent-child relationships ▪ socioeconomic stress from financial issues, unemployment, or medical problems ▪ a lack of understanding about basic childhood development ▪ a lack of parenting skills to help cope with the pressures and struggles of raising a child ▪ lack of support from family, friends, neighbors, or the community ▪ family stress or crisis caused by domestic violence, relationship turmoil, separation or divorce to name a few.

Will you notice the signs of child abuse or neglect? ▪ a change in the child's behavior – anger, aggression, hostility ▪ changes in performance at school ▪ withdrawal from friends, family, or their usual activities ▪ self-harm or attempted suicide ▪ defiant behavior ▪ reluctance to leave activities or places they enjoy being at ▪ attempts at running away or leaving the home.



ANN KAPPAUFF
EXECUTIVE DIRECTOR

What can we do to prevent it? ▪ Encourage parents to participate in child focused and parenting programs offered within our communities ▪ Be a supportive family member, friend, neighbor, or volunteer ▪ Encourage parents to connect with social service programs that assist with and/or provide information on finances, housing, health, transportation ▪ Urge parents to reach out to New Horizons for services related to domestic and sexual violence ▪ Be a trusted "safe" adult and listen to the child, believe them.

Think about child abuse. **Talk** about child abuse. Our children need us to!

In empowerment,

Ann Kappauf

Ann Kappauf

Executive Director

annk@nhagainstabuse.org

THANK YOU!

The continuous generosity of our community is what allows us to continue providing a safety net of support for survivors. We could not do what we do without your support.

OUR TOP DONORS from Quarter 1 2022

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

Sue Anne Gelatt Foundation
Pischke Motors
Neale and Sheryl Horman
Brian and Barbara Benson
Julie and Rick Diermeier
Arcadia Community Chest, Inc.
Madeline Adickes
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M. Elizabeth Cason Fund*
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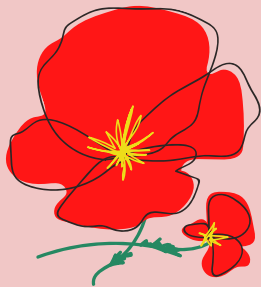
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Kayla Kemp
Marcia Newquist
Monica & Brad Peterson
Mayer Mach Fund*
Jody and Craig Lyon
Citizens State Bank
Market on the Mississippi
Cameron & Carlene Roberts
Ronald and Merle Gustafson*
Connie Wall
Patricia Nahn
Great River Roadhouse
Chart Industries
First Free Church
Franciscan Sisters Of Perpetual Adoration

Holy Trinity Church - St. Anne's Ladies Society
Holy Trinity Parish
Kwik Trip, Inc.
Peace Lutheran of Pigeon Falls WELCA
Trust Point, Inc.
Dennis and Barbara Manthei
Tostrud & Temp, S.C.
Heather Chial
Jason and Jeanne Gilman
John and Marilyn Hempstead
Larry and Amelia Dittman
Richard and Pamela Strauss
Wayne Hood



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

*La Crosse Community Foundation Fund



Thank you for supporting our agency at

Galentine's Day Brunch

Thanks to the generosity of our community, New Horizons raised over \$29,000 for our agencies programs and services.



THANK YOU
EVENT
COMMITTEE

APRIL VOLUNTEERS OF THE MONTH!

The first annual Galentine's Day Brunch was successful in raising support for our agency because of the tremendous effort by our event committee! Since October, the committee has been working to solicit corporate sponsorships, collect silent auction items, sell event tickets, and prepare decorations. We are so appreciative of all of the time and energy they have contributed to our agency, and truly would not have been able to pull it off without them!

Thank you Jody, Janet, Cassie, Darla, Karen, and Heather!

INTERESTED IN JOINING THE EVENT COMMITTEE OR VOLUNTEERING?
CONTACT OUR VOLUNTEER & EDUCATION COORDINATOR, DOREEN, AT 608-791-2610
EXT. 1301 OR AT [VOLUNTEER@NHAGAINSTABUSE.ORG](mailto:volunteer@nhagainstabuse.org).

Spring Advocacy Training

via Zoom on April 25th and 26th & May 2nd and 3rd from 6 pm to 9 pm

New Horizons holds formal volunteer, intern, and community member trainings three times a year. The training is designed to help our volunteers, interns, and community members understand what our organization does, what each advocate's role is within the organization, and what each of their programs entail. The advocates introduce all attendees to topics such as active listening, advocacy, crisis intervention, diversity, trauma-informed care, legal issues, and so much more.

Register on our website www.nhagainstabuse.org/events/2022-spring-advocacy-training/

Contact the Volunteer & Education Coordinator, Doreen, at 608-791-2610 ext. 1301 or volunteer@nhagainstabuse.org with questions.

Child Abuse Prevention Month

April is Child Abuse Prevention Month, a time for communities to come together to build caring connections, supportive environments, and positive experiences for all children.

Child sexual abuse is likely the most prevalent health problem children face, with the most serious array of consequences. In fact, 1 in 10 children will experience sexual abuse before their 18th birthday. Physical abuse is also a major threat to our nations youth with almost 1% of children in the United States are physically abused every year. This means that whether you work with youth, are a parent, or are simply a member of a community, it is highly likely that someone you know or care for has experienced, or is currently experiencing, a form of child abuse. It's going to happen whether you are prepared to deal with it or not – unless you stop it from happening. And the good news, it can be stopped.

*Data collected from the National Child Alliance. Data reflects experiences of children in the United States of America.

Get involved with us for Child Abuse Prevention Month!

Family Fun Event ft. 5k hosted by the Child Abuse Prevention Task Force
April 16th 11 am to 2 pm

Stewards of Children Training

April 7th 11:30 am to 2:00 pm @ Northside Policing Center
April 21st 11:30 am to 2:00 pm @ Western Technical College

The Stewards of Children® training from Darkness to Light is the only nationally available program that is scientifically proven to increase knowledge, improve attitudes and change child-protective behaviors. Appropriate for any adult, this training will teach attendees to recognize, react responsibly, and take proactive steps against child sexual abuse.

Thanks to support from Al Louis' Musky Challenge through the Rotary Club of Downtown La Crosse, New Horizons Shelter and Outreach Centers will be providing this training with an included lunch for no charge.

Register on our website
www.nhagainstabuse.org/events/stewards-of-children-spring-2022/

Please contact New Horizons Lead Outreach Advocate, Jen, for more information at 608-791-2610 ext. 1203 or youth@nhagainstabuse.org.

Sexual Assault Awareness Month

April is Sexual Assault Awareness Month, and New Horizons Shelter and Outreach Centers, Inc. is joining organizations across the country in celebrating survivors, honoring victims, and engaging our communities in building awareness and recognition of the crimes that have such a huge impact upon our communities.



1 in 4 men have experienced some form of contact sexual violence in their lifetime.

Many are surprised to learn that most sexual assault towards men occurs by other men that generally identify as heterosexual. Less men will report to police than women, and the leading reason men do not report this crime is a fear of being perceived as homosexual.

1 in 5 women experience completed or attempted rape in their lifetime.

Sexual violence against women is all too common, and often begins at a young age with one in three victims experiencing it between the ages of 11 and 17. As women move into adulthood, rates of sexual assault and misconduct peak with especially high rates among undergraduate women.



In 2018, only 1 in 4 occurrences of sexual assault were reported to police.

Sexual assault is an underreported crime because survivors have fears of not being believed, being blamed, being punished, being responsible, and having no response. For many, there is also fear of cultural and religious ramifications.

*Data collected from the National Sexual Violence Resource Center, The National Child Traumatic Stress Network, Planned Parenthood, and Association of Alberta Sexual Assault Services. Data reflects experiences of children and adults in the United States of America.

New Horizons is continuing to work to end sexual violence in our community through prevention education. Consent is key to healthy relationships and sexual activity. An easy way to understand consent is FRIES!



Freely given
Reversible
Informed
Enthusiastic
Specific

- Consent cannot be given if a person is threatened, forced, blackmailed, or tricked
- Even if they said yes before, they can change their mind at any point
- Someone can only consent if they know the facts to what they are consenting to
- They have not been pressured or guilt tripped by a partner until they give in
- Saying yes to a specific act does not give consent for any other behavior

DENIM DAY

We ask community members, elected officials, businesses and students to make a social statement with their fashion by **WEARING JEANS ON THIS DAY** as a visible way to support survivors and oppose the misconceptions that surround sexual assault and victim blaming.

Why denim?

Denim Day started due to a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent.

Get involved!

Participate by hosting a Denim Day fundraiser.

Every year, many area businesses participate in Denim Day by allowing their employees to wear denim when they donate \$1 to our Denim Day Scholarship fund. Scholarship recipients have participated in preventative education.

For more information about the Denim Day fundraiser, contact our Development Coordinator, Sierra, at 608-791-2610 ext. 1305 or devenhagainstabuse.org.

Denim Day Scholarship

For the fifth year, New Horizons is excited to give students opportunities to receive financial assistance for their futures while they engage in prevention education about sexual assault in their own community through a scholarship competition.

The "Denim Day" Scholarship will be awarded to two high school seniors, one in La Crosse and one in Trempealeau County schools. Each scholarship is for \$500. Applicants will be required to submit essays 500 to 750 words or a 3-to-4-minute video by May 1st.

Application can be found at bit.ly/denimdayscholar.

For more information about the Denim Day Scholarship, contact our Outreach Advocate, Kim, at 608-386-6043 or sa@nhagainstabuse.org.

ALL SERVICES ARE FREE & CONFIDENTIAL



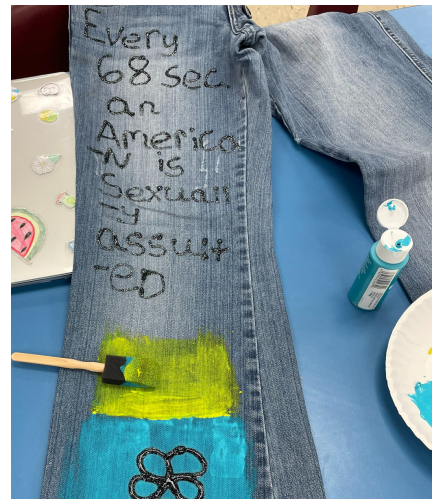
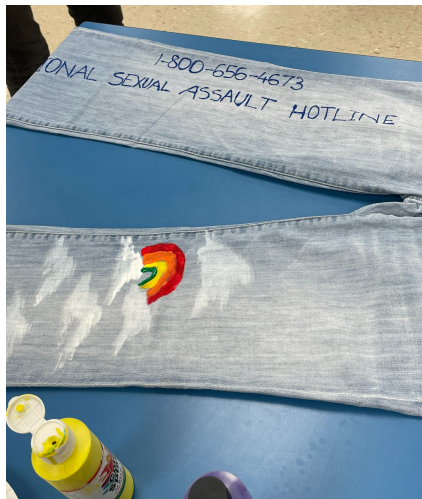
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horizons**
SHELTER & OUTREACH CENTERS

La Crosse and Trempealeau Counties
and Surrounding Area:
Toll-free: (888)231-0066 | Local: (608)791-2600
nhagainstabuse.org

Denim Day with Central FEM Club

As a part of New Horizons mission, **we provide education prevention to our community** to stop domestic and sexual abuse before it starts and provide information to those who are already experiencing it.

For Sexual Assault Awareness Month, we partnered with the Central FEM Club to decorate jeans with messages about their own or others experiences of sexual violence and share resources available in our community.



It is vital that we are educating this population as **teenage girls and young women between the ages 16 and 19 are four times more likely to be sexually assaulted**, or part of an attempt. (Department of Justice) "These kids here are activists," New Horizons Program Coordinator Heidi Svec said. "It's important for us to have community advocates in all ages, but especially starting at a younger age."



In addition to the trainings mentioned in this newsletter, New Horizons is available to provide education and awareness in schools, businesses, service organizations, law enforcement agencies, child protection agencies, judicial, religious organizations and more.

Please contact our Program Coordinator, Heidi, at programcoord@nhagainstabuse.org for more information about available trainings and how you can utilize this FREE education opportunity.

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@more_than_a_shelter



facebook.com/NewHorizonsShelterAndOutreachCentersInc





advocating against domestic & sexual abuse

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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. 1301.***

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.

**IMMEDIATE
NEEDS**

- New or gently used dish towels
- Dishwasher detergent
- 3M strips (all sizes)
- Plastic shoe-box sized containers
- All-purpose cleaning spray
- Paper towels
- New hair products for curly hair
- Shower caddies
- Small laundry baskets
- Cell phone chargers