

Turning The Page



Bolton Refuge House, Inc

Spring 2017

Upcoming events:

April:

- Sexual Assault Awareness Month
- Child Abuse Awareness Month
- **Color for a Cause**

April 2-8

- National Crime Victims' Rights Week

April 23-29

- National Volunteer Appreciation Week

April 25: 6-9PM

- kNOw More at The Plus (Eau Claire)

May:

- Older Americans Month

June:

- LGBTQ+ Pride Month

Help Us **THRIVE365!**—Pat S, Executive Director

For 40 years, Bolton Refuge House, Inc. has continued to strive to expand programming and resources to the communities we serve. We have provided services to hundreds of victims and their children. We also have had the pleasure of participating and providing several community awareness events and public education opportunities. We hope that you have been able to take part in one or more of the many opportunities and events we have offered throughout the years, while experiencing first-hand the pride we take in supporting our mission.

Bolton Refuge House creates safe space through programs and services for all persons impacted by domestic violence and sexual assault, and advocates for social change. In order to meet the mission and provide services in our communities, we rely on the generosity of individuals and businesses for support. Without the assistance of community-minded individuals just like you, we would not be able to serve those in our community each year.

On April 1st of this year we are kicking off the **THRIVE365!** Campaign. We ask that you or your company make a commitment to support our annual appeal by making a cash donation. This year our goal is \$25,000, and we hope that you will be able to make a contribution. Your generosity will make a difference in our community by allowing us to continue in our work.

Details will be available on our website April 1st (boltonrefugehouse.org). Remember, every donation makes a difference, regardless of size. Thank you in advance for your support!

Pat

2016 in Final—Kim C, Associate Director

Bolton Refuge House (BRH) has grown to an 18 room facility with 2 high-risk transitional apartments at the Farwell location. BRH Continues to operate 8 cluster-site transitional apartments as well as the Smith House project.

BRH provided emergency shelter to 240 victims; 134 adults and 106 children. The total number of sheltered nights provided was 6,346. The average length of stay per victim was 26 nights.

Transitional Housing units housed 58 victims; 26 adults and 32 children. The number of transitional nights provided was 7,429. The average length of stay in the unit was 128 days.

BRH answered 649 hotline calls from victims, and provided support services to an additional 261 outreach victims within the community.

BRH saw an increase in sexual assault victims requesting assistance: 120 sexual assault victims received services.

6,346 = The total number of shelter nights provided to victims and their children in 2016.

Victims may have other dynamics which endanger their safety. BRH works by providing services in a trauma informed way and addressing the victim's needs and the needs of their children through a holistic approach.

Color for a Cause 2017—Rebecca N, BRH Community Relations Intern

April is Sexual Assault Awareness month, so it will be a great time to promote awareness about sexual assault in our community.

Color for a Cause is an awareness and fundraising event that BRH has done for the past few years. Various salons around Eau Claire

area will be participating in this event by offering a teal hair extension to customers for \$10 which is then donated to BRH. The teal hair extension is a statement that shows your awareness of sexual assault and support of victims. The first step towards ending sexual violence is

showing awareness, and that is what **Color for a Cause** is all about.

Head to boltonrefugehouse.org for a list of participating salons. April 1-30 show your support and start a conversation about sexual assault!



Wear a strand of **teal** in your hair to **support** survivors & raise **awareness** of sexual assault in our community! All proceeds go to support **Bolton Refuge House, Inc.**

Color for a Cause
April 2017

Family of Origin—Karen Q, Self-Sufficiency Advocate

Relationship violence, including physical, sexual, and psychological abuse, affects millions of Americans and sometimes it stems from our own families. Taking a look at the proverbial family tree is well worth the view as it may identify dysfunction and/or violent traits that are transmitted inter-generationally.

Parents, who model violent behavior between themselves and also toward children teaches that inter-parental violence and aggression is tolerated. Children who witness or are exposed to family violence in their family-of-origin may learn that this behavior is appropriate. When children grow up to be adults, they may repeat the cycle in the ways it was modeled for them.

Studies support a correlation of harsh physical punishment during childhood and adult intimate partner violence. There is a link between violence in the family-of-origin and later adult aggression that has educators focusing on teaching positive strategies for relating to and interacting with others in children.

As parents, it may hurt to know that our children's peers may not be reaching out to form relationships with our children. Children with social skill deficits will gravitate toward maladapted peer groups, who reinforce aggressive tendencies, and may deviate from social norms. When teenagers are old enough to date, they may choose partners who lack healthy interpersonal skills.

Just because there is history of violence or abusive behavior in your family of origin doesn't mean you can't make the changes you need to end the cycle of violence/abuse.

Safe Dates—Anita O, Children's Advocate

What if you have never experienced a healthy relationship? How do you know what it is supposed to look like? How do you know if a relationship is not healthy?

This is why BRH is collaborating with the Amped Health program through The Eau Claire County Health Department. As a team, we are presenting the Safe Dates program to teens in the schools and Juvenile Detention Center. Safe Dates is an evidence-based prevention curriculum that teaches healthy relationship skills and how to recognize unhealthy behaviors. One goal is to learn how to safely help a

friend that is in an unhealthy relationship. Some of the skills learned are: 1) How to recognize and deal effectively with their anger, 2) How to overcome gender stereotypes, and 3) Learn the four SAFE skills for effective communication.

BRH and other community agencies hope that this will help end the cycle of unhealthy relationships and domestic violence, and maybe even change the national statistics that nearly 1.5 million high school students in the United States are physically abused by dating partners every year. (loveisrespect.org)

Eau Claire Support Groups:

Mondays 5-6pm
LGBTQ+ survivors
of Partner Violence
Held at the LGBTQ+
Community Center
Banbury Place
Building 2, Ste 409

Tuesdays 6-7pm
Peer-to-peer Support
for survivors of
domestic violence
Held at Bolton
Refuge House

Thursdays 6:30-8pm
Educational Group
Learn more about
how to grow and
move forward in
future healthy
relationships
Held at Lake Street
Methodist Church

School-Age
Children's Group and
child care provided
during Tuesday and
Thursday Groups

Call for more
information:
715.834.0628

The CDC's National Intimate Partner and Sexual Violence Survey showed that **43.8%** of lesbian women and **61.1%** of bisexual women experienced some form of IPV in their lifetime, while **26%** of gay men and **37.3%** of bisexual men report they have experienced IPV.

Partnering Together—Tanya P, LGBTQ Advocate

Bolton Refuge House and Chippewa Valley LGBTQ+ Community Center are excited to partner together to better serve LGBTQ+ individuals who have been affected by Intimate Partner Violence (IPV).

Beginning immediately, BRH staff will be available at the Valley LGBTQ+ Community Center (4th floor of Building 2 in Banbury Place) on Mondays, 1:30-5:00 PM and by appointment to provide services to individuals who identify as LGBTQ+.

A new support group will also be held from 5:00-6:00pm for LGBTQ+ survivors of IPV. This group will also be held at the LGBTQ+ Community Center.

While BRH is always open to provide services to anyone who has been affected by IPV, the LGBTQ+ Center is an identified safe space for LGBTQ+ people. Providing services in spaces that are comfortable and accessible is something that aligns with the BRH mission of creating safe space for all persons impacted by IPV.

This partnership also furthers the purpose of the LGBTQ+ Center by providing services and educational programs that promote well-being among the LGBTQ+ community.

Both BRH and the LGBTQ+ Center look forward to expanding services to the LGBTQ+ community!

Gender Expression in Language

What are personal pronouns? A personal pronoun is a word that replaces a noun. For example, instead of saying "Lucy works at Bolton Refuge House" we can replace Lucy with their personal pronoun "she". So this becomes "She works at Bolton Refuge House". A personal pronoun reflects how someone identifies themselves and it is critical to not only respect their gender identity but to not assume someone's gender identity. To not assume someone's gender identity it is important to introduce

yourself and your personal pronoun. This can be easily done with our normal greetings such as "Hi I'm Lucy and I use the pronouns she/ her/ hers". If someone does not reciprocate it is appropriate to ask them "what personal pronouns would you like me to use?". When in doubt you can always use the gender neutral pronouns of they/ them/ theirs. Some other commonly used pronouns are she/ her/ hers and he/him/his. There are also gender free or non-binary pronouns such as zie/ zim/ zirs, and zie/ hir/

hirs. All of these pronouns conjugate easily into our everyday language for example herself, himself, theirselves, zirselves, hirselves.

It is especially important when working with victims of intimate partner violence to be respectful of a person's personal pronouns and not assume that they identify a certain way. It is also important to remain unassuming about their partner. This will help them feel more at ease in sharing very intimate life stories with an advocate and aid in their healing process.

Hmong Advocacy—Xee X, LEP Advocate

My name is Xee and I am the Limited-English Proficiency (LEP) Victim Advocate at Bolton Refuge House.

As the LEP Victim Advocate, I am the community liaison to bridge cultures and understanding of domestic violence, sexual assault, and other forms of abuse. My role is to provide options, resources, information, and referrals to aid individuals in gaining safety and self-sufficiency. I also advocate for social change and provide community outreach services.

Community Outreach helps ensure that services are reaching and accessible to all populations. A key component to outreach is to ensure BRH is

meeting the needs of all individuals

As the LEP Advocate, I work with all individuals, however, my specialty is assisting Hmong individuals and Hmong families in the Eau Claire area.

Over time, I have seen Hmong women and families become stronger through the unity of a sisterhood that challenges a culturally patriarchal society. Abuse in any form, regardless of culture should not be tolerated. I look forward to advocating for all individuals of domestic violence and sexual assault.

“The ability to lead a happy life is made, not found.” –Martin Luther King Jr.

Being Present in Relationships—Libby R, Systems Advocate

Spending time with the people that matter to us is one of the most important gifts we can give to each other. With today's technology it is very difficult to make ourselves fully present. The truth is, no matter how well we think we can do it, humans are not made to multitask. If we are on our phone or doing a task when someone is talking to us, we are not able to fully absorb the conversation that is taking place. When we allow ourselves to become fully present in a conversation we become more in tune with each other's

emotions, less stressed, and we become more engaged and creative. This will in turn make our relationships stronger and more meaningful.

Here are some tips to try to center yourself in a moment:

- Take some deep breaths, make eye contact, and face the other individual.
- Turn off phones, tablets, TV's, and video games when you are talking to each other.
- Leave all the technology at home when going out. If you have to have your phones

agree with your friends to put them down while you are eating together, or the person who breaks has to buy everyone desert.

- Make games out of observing your surroundings. Go for a walk and discover somewhere new outside.
- Try conversation starter cards to keep conversations going.

Remember, just because you are somewhere, that does not mean you are present.

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Sexual Assault Awareness Month

Peggy Q, Outreach Coordinator

LET'S TALK ABOUT SEXUAL ASSAULT—

We all need to step out of our little comfort boxes, refuse to laugh at the rude tasteless comments and jokes. Stop people from talking trash about another. Stop or defuse situations when possible, if you see physical and verbal victimization please don't turn away.

LET'S TALK ABOUT WHO IS AT RISK—

Everyone is at risk when it comes to assault, assault is about power and control and anger not behavior, wardrobe or attractiveness, IT CAN HAPPEN TO ANYONE.

LET'S TALK ABOUT HOW TO STOP IT FROM HAPPENING—

April will be full of opportunities to talk. Keep an eye on the BRH Facebook and webpage for times and dates.

APRIL EVENTS:

Take Back the Night Party

Youth and Community programs with Speaker, Jessica Mullenberg

Denim Day Activities

Bake sale and brat barn at Gordy's in Black River Falls

Showing the film *Audrie and Daisy* to Teens and Parents. Discussion about sexual assaults, social media and bullying to follow the film

Safety Planning in Later Life—Ashley K, Outreach Advocate

The world keeps changing and it is important to stay safe. As we live our lives and enjoy the world around us we need to think: what we would do if we came into a situation that was not safe? Safety planning it will help you to feel confident and ready to live your life.

Some Tips for Staying Safe in Your Home:

Keep your doors locked at all times, even if you are home .

If you are out at night, leave a light on in the house and outside your house as well.

Never let anyone into your home if you do not know or feel safe around them.

If someone unsafe or concerning is sitting outside your home, you can call the

police to come investigate.

Phone and On-line Safety:

Never give your bank account or other private information over the phone, even if you receive a call from someone saying they are from your bank.

If you receive an email from a friend or relative "in trouble" asking for money, call that person to make sure they really are in need of your help.

Safety when Out and About:

Make sure to lock your car so that it remains secure while you are away from it.

Find your keys before you walk outside so that you can quickly open your door and get inside.

Try to park close to the entrance of where you are

going.

If after dark, park near a street light so you are in a well-lit area.

Ask for assistance if you are loading groceries. Stores will gladly have someone bring your purchases to your vehicle for you.

It is OK to ask someone to walk you to your car if you have a gut feeling things are not right.

If you feel someone is trying to keep you from enjoying life and you are not sure what to do, please give us a call. Services from Bolton Refuge House are completely confidential and are at no cost to you. We are here to listen and help you find options. We believe you and we care!

Outreach Services—Peggy Q, Outreach Coordinator

Bolton Refuge House (BRH) has offices in Buffalo and Jackson counties. The Outreach Offices are open Monday through Friday. Phones are answered 24 hours a day, 7 days a week; there is always an advocate available for you to talk to.

Jackson County Outreach is located in Merrillan, we have an office as well as transitional housing units that we oversee. In my role as Sexual Assault Victim Advocate I am available 24/7 to support survivors of sexual violence. When needed, I travel to the Black River Falls Hospital where I am available to meet with

survivors from several counties. All advocates are available to aid in restraining order assistance and court support.

Some of the services that the outreach offices are able to provide are: access to emergency shelter, civil and criminal court support, assistance with filing restraining orders, resources to other support agencies, 1:1 supportive listening, and support groups.

If you or someone you know has been effected by domestic violence, don't hesitate to contact us or come to a support group. We are here for you.

Jackson County Support Groups

Domestic Violence Support:
Mondays: 4-6PM

Sexual Assault Support:
Thursdays 5-6PM

Women's Serenity Group:
Tuesdays at 11AM

Call for details:
715.333.2350

Buffalo County Updates—Andrea R, Sexual Assault Advocate

I am Bolton Refuge House's (BRH) newest advocate. I am a recent grad from UW-Eau Claire with dual degrees in Spanish Linguistics and Music. I am serving survivors of domestic violence, intimate partner violence, and sexual assault in Buffalo County. Being fluent in Spanish and proficient in American Sign Language, I will be enhancing services to Spanish-speakers and the Deaf community.

Bolton's Buffalo County Outreach (BCO) office has a weekly support group on Tuesdays 6-7PM for those who have been affected by domestic violence, intimate partner violence, and/or sexual assault. The group offers social support as well as education on topics critical to the safety and well-being of the members.

To enhance the assistance available to survivors, BCO advocates are currently in the process of establishing a Coordinated Community Response Team. The team will extend invitations to local

government representatives, legal professionals, law enforcement officials, doctors and nurses, mental health professionals, service providers, religious leaders, teachers, and other concerned community members in order to assure comprehensive support for victims of crime and holding abusers accountable.

Buffalo County Support Group

Tuesdays: 6-7PM

Call for details: 715.926.6080

Helping survivors recover from trauma is only one part of the BRH mission. Awareness and education are key factors in the prevention of violence. To that end, in April, BRH advocates will be

going out into the community to increase child abuse and sexual assault awareness activities. BRH will give presentations in schools, to local clubs, and other organizations to promote understanding and bystander intervention.



Bolton Refuge House, Inc

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www.boltonrefugehouse.org

Facebook: @boltonrefugehouse



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boltonrefugehouse.org/volunteer