



October is Domestic Violence Awareness Month-

Over the years, HAVEN has heard and witnessed harm-doers resorting to tactics that trap their partners in relationships without breaking the law. “Why don’t they just leave?” If it were only that easy. They cycle of domestic violence goes beyond black and white thinking. We need to consider the barriers that go into successfully leaving the relationships. In this edition of the newsletter, HAVEN has provided information from domesticshelters.org and onemomsbattle.org to help explain why leaving an abusive relationship is difficult for some.

If you or someone you know is experiencing abuse, reach out to HAVEN at 715-536-1300 to talk with an advocate. Sometimes, just talking to someone who understands is the validation needed to make changes in your life.

How can the community help break the cycle of violence and strengthen Lincoln County?

Donate: Your time, items, services and dollars.

Communicate: To your friends and relatives about HAVEN services.

Get Informed: Invite HAVEN to speak at your church, school, club, or organization.

Ask: For help when you hear/see violence and abuse occurring.

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Mission Statement

HAVEN is a champion to people who have experienced abuse. We provide safety, shelter and assistance to victims and survivors in a free and confidential manner. Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.

10 Ways Survivors Minimize Abuse

Do you recognize any of these excuses in yourself or someone close to you?

It doesn't happen all the time. This is one of the most confounding things about abuse. Those who abuse rarely are abusive 24/7. They may even be over-the-top romantics the first time you meet them (which is often love-bombing). An abuser may pretend they never abused you. They may never acknowledge their abuse or argue against your memory of it (this is called gaslighting). You may be convinced it was just a one-time thing that won't happen again. In between abusive incidents, everything may appear calm on the surface of your relationship. Yet, the difference between an occasional argument and abuse is that a survivor of abuse will usually feel uneasy at all times—even the seemingly calm periods. This is why it's important to listen to your gut. Do you dread going home? Are you afraid to talk to your partner about pretty much anything? Do you feel like you're walking on eggshells at all times? These can be serious red flags.

But they've never hit me. Abuse can take many forms, not just physical (e.g., hitting, shoving, kicking, throwing things, punching the wall, strangulation). Abuse can be psychological, mental or emotional. It can look like bullying, name-calling, lying, gaslighting, shaming or embarrassing a partner on purpose, and isolation from friends and family. Once they realize a survivor is trapped, abusers often escalate their abuse from nonphysical forms to physical violence. It's important to remember it's never too early (or too late) to set boundaries with a partner.

Other people endure worse than this. The comparison game is an easy one to play, but it's not helpful. If a friend came to you and disclosed that their partner was abusing them, would you tell them, "You can handle it—someone undoubtedly has it worse"? Of course not. So why tell yourself that? Everyone deserves to feel safe with their partner. And not just sometimes, but at *all* times. Abuse is not a sliding scale—there is no excuse for one incident just as there's no excuse for years of control and intimidation.

They're so romantic/caring/attentive when they're not angry. Love-bombing is when the abuser showers the survivor in gifts or exaggerates interest in everything the survivor likes in order to create a false sense of deep connection. Love bombing is confusing as we want to remember the gentle, sensitive side our partners portray.

They can't help it—they had a traumatic childhood. Unfortunately, enduring abuse in childhood does increase one's risk for becoming abusive as an adult, or becoming a victim of abuse. But childhood trauma or not—being abusive toward a partner is a choice. Most survivors of childhood trauma choose *not* to abuse others.

Things will get better after we have a baby. Who wouldn't soften at the sight of a baby? Unfortunately, an abusive partner who feels entitled to all of their partner's attention, that's who. Statistics show that pregnancy escalates an abusive partner's power and control tactics. Some experts say it's because pregnancy isn't something the abuser can control, which then leads to an abuser tightening their control where they can. This might mean blocking their partner from getting proper prenatal care, physically abusing the partner to try and lose the pregnancy, sexually abusing the partner while pregnant, or something else equally horrific. Abuse during pregnancy has been shown to lead to higher rates of preterm labor and low birth weight, as well as higher rates of miscarriage.

They're only like this when they drink or get high. Once they get sober, it'll stop. Someone once said that an abuser who stops drinking/drugging is just a sober abuser. While alcohol and drugs can definitely increase the frequency, duration or severity of abuse, drinking/drugging does *not* cause an otherwise safe partner to just begin abusing their partner out of nowhere. Many abusers will use the alcohol/drugs excuse to minimize their abusive choices or to guilt a survivor into staying with them until they can "get better."

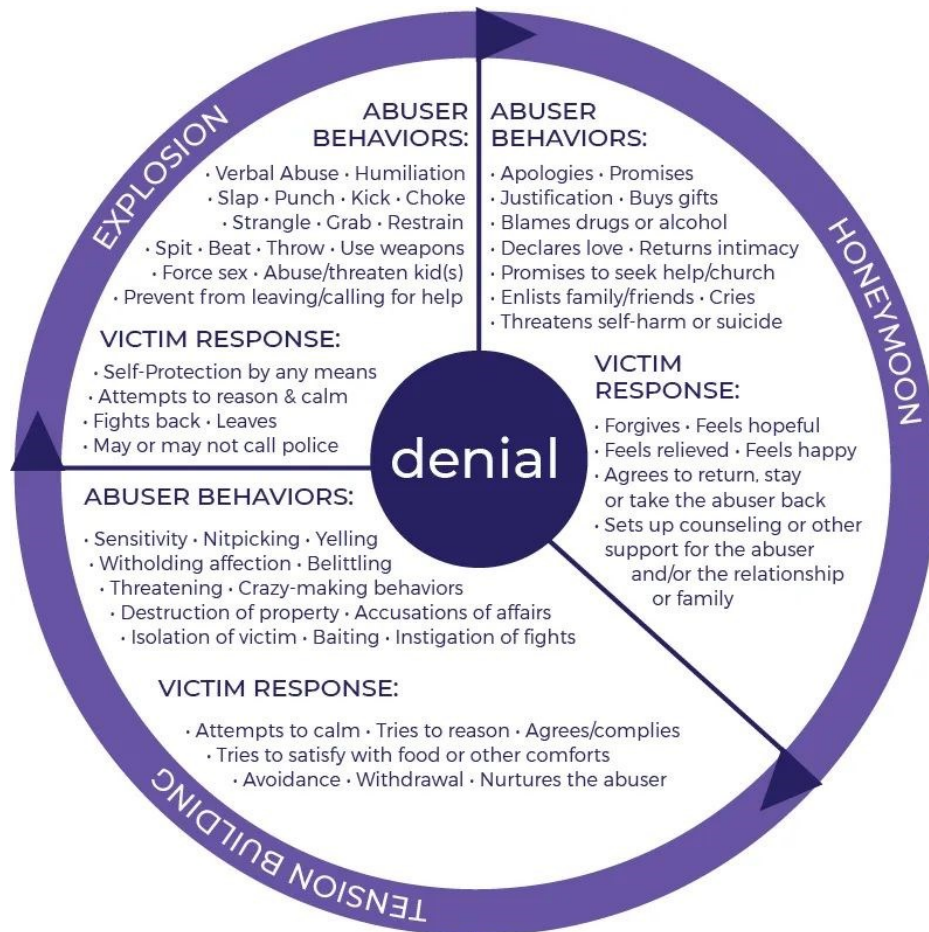
I can lose my temper too. I think we're both at fault. Many survivors question or berate themselves for reacting to an abuser in the moment. A survivor may yell back or even fight back when abused. This reaction is not the same as being abusive. Abuse is a calculated pattern of power and control—it's not losing one's temper every so often. Mutual abuse, or the idea that two parties in a relationship can be abusive simultaneously, is widely regarded by experts and advocates as false. "Mutual abuse" is more often than not weaponized as a type of victim-blaming. With domestic violence, one partner is abusive and one partner is reacting to that abuse. A survivor should not feel guilty for reacting to abuse. A survivor has every right to defend themselves against an abuser.

No one else will ever love me so I may as well stay with them. This is simply not true. I don't even know you, reader who is reading this, but I can tell you it isn't true. Many abusers will use guilt, shame and degradation to tear down a survivor's self-esteem so much that they believe this to be true. This is a classic brainwashing tactic.

I can't tell anyone my girlfriend/wife is abusing me—I just need to “man up.” Men, I hate to break it to you, but you are not immune to domestic violence. And there is no “manning up” in the world that will make your life with an abusive partner feel OK. The Department of Justice estimates at least 835,000 men are physically assaulted by intimate partners every year. This number doesn't account for men who endure nonphysical types of abuse such as verbal, emotional or financial abuse. While it is rarer for men to be abused by a partner than women, and thus, there is a stigma a male survivor can feel when reaching out for help, it shouldn't stop a man from establishing healthy boundaries with a partner who's abusing them.

Revised by HAVEN from a domesticabuseselters.org article.

If you are anyone you know is experiencing an abusive relationship, please reach out to HAVEN's 24/7 support line at 715-536-1300. We understand the challenges of leaving and are available to support you in the efforts to break free from the cycle.



Disclaimer The above wheel depicts one of the patterns that can typically occur in an abusive relationship.

What is Post Separation Abuse?

Domestic violence (DV) is more than just physical abuse. During the relationship, domestic violence can be coercive control, physical abuse, verbal abuse, emotional abuse, psychological abuse, sexual abuse, and financial abuse. When the relationship ends, the abuse does not stop, it just transitions to a new form of abuse referred to as post separation abuse.

Post separation abuse continues to escalate and often, far surpasses the DV that victims are subjected to while under the same roof as their abuser. After the relationship ends, the perpetrator sets their sights on the child(ren) to exert control and, to terrorize the healthy parent. Every high-conflict custody battle has three basic narratives: the abuser's need for control, the abuser's need to "win" and, the abuser's desire to hurt or punish the healthy parent. Post separation abuse is coercive control, the abuser creates a sense of fear that pervades all elements of the safe parent's life.

Post-separation abuse does not just affect the victim, it has both immediate and long-lasting effects on children resulting in high adverse childhood experiences (ACEs). ACE's, a term used to describe any traumatic event during childhood such as divorce, violence, emotional abuse, neglect, substance abuse or even an environment that undermines a child's sense of bonding or stability. The ACE Study (The Center for Disease Control and Kaiser Permanente) should be the courtroom bible for judges and other family court professionals who are tasked with the responsibility of acting in the best interest of children.

While there are many resources available to victims of DV during the relationship, the only resource available to victims of post-separation abuse is the family court system itself (judges, mediators, minor's counsel, custody evaluators, therapists, co-parenting counselors, parenting coordinators and attorneys). It is so important for those in the family court system to be educated on post-separation abuse and to recognize it in high-conflict divorces, custody battles and paternity cases.

The most common aspects of post separation abuse:

Counter Parenting: Undermines parenting decisions and imposes conflicting values to spite the other parent. Denies or withholds consent for child's needs (medical, therapeutic, educational or extracurricular).

"Alienation" Allegations: "Parental alienation" claims as a legal strategy to trump allegations or findings of abuse despite it being a discredited theory that lacks empirical data and evidence-based, scientific research.

Neglectful or Abusive Parenting: Exposes children to unsafe content, situations, or people while using violence, intimidation, threats, manipulation, or ridicule to gain compliance from the children.

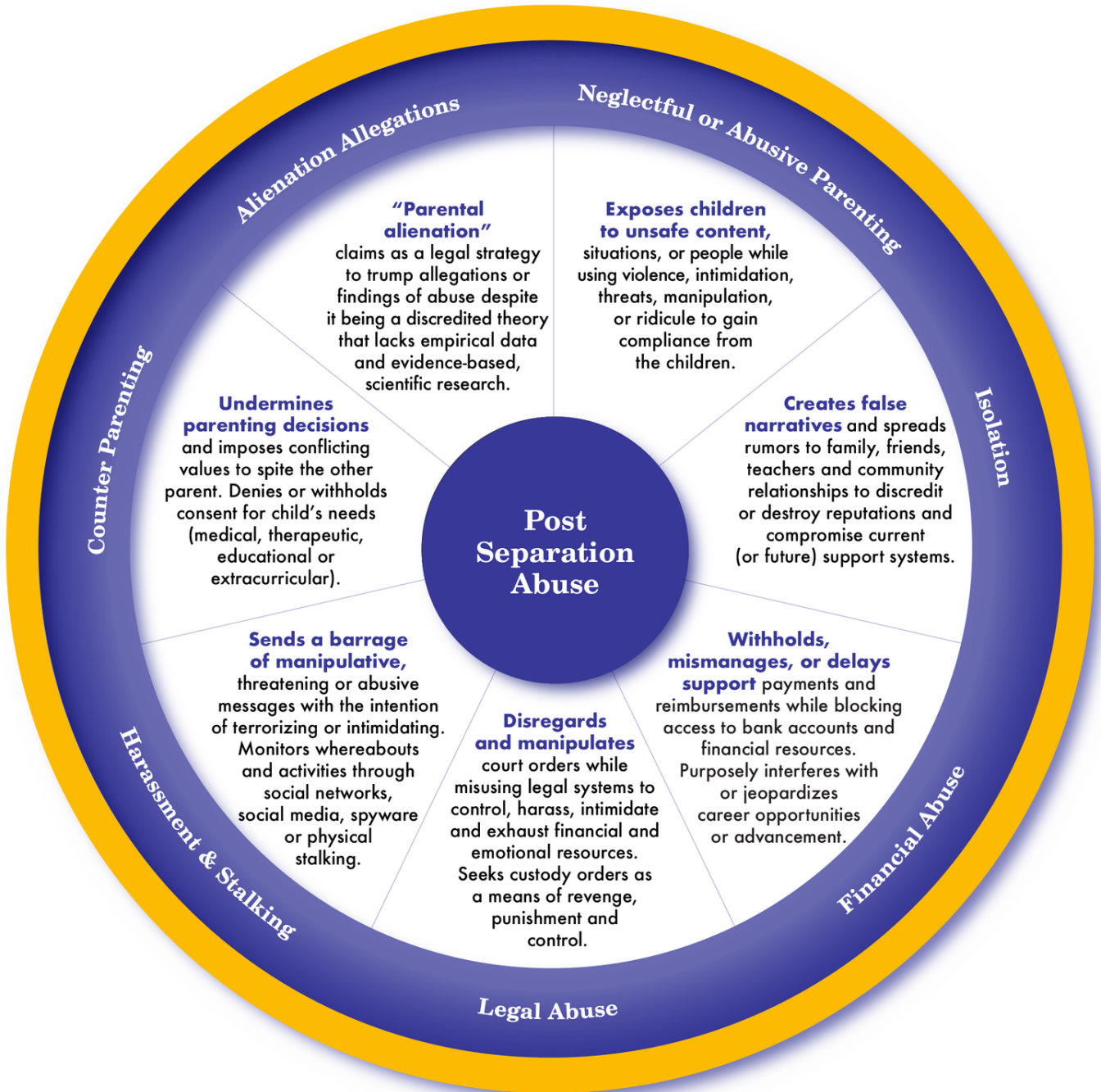
Isolation: Creates false narratives and spreads rumors to family, friends, teachers and community relationships to discredit or destroy reputations and compromise current (or future) support systems.

Harassment & Stalking: Sends a barrage of manipulative, threatening or abusive messages with the intention of terrorizing or intimidating. Monitors whereabouts and activities through social networks, social media, spyware or physical stalking.

Legal Abuse: Disregards and manipulates court orders while misusing legal systems to control, harass, intimidate and exhaust financial and emotional resources. Seeks custody orders as a means of revenge, punishment and control.

Financial Abuse: Withholds, mismanages, or delays support payments and reimbursements while blocking access to bank accounts and financial resources. Purposely interferes with or jeopardizes career opportunities or advancement.

[What Is Post Separation Abuse? Abuse Cycle Wheel — One Mom's Battle \(onemomsbattle.com\)](https://onemomsbattle.com)



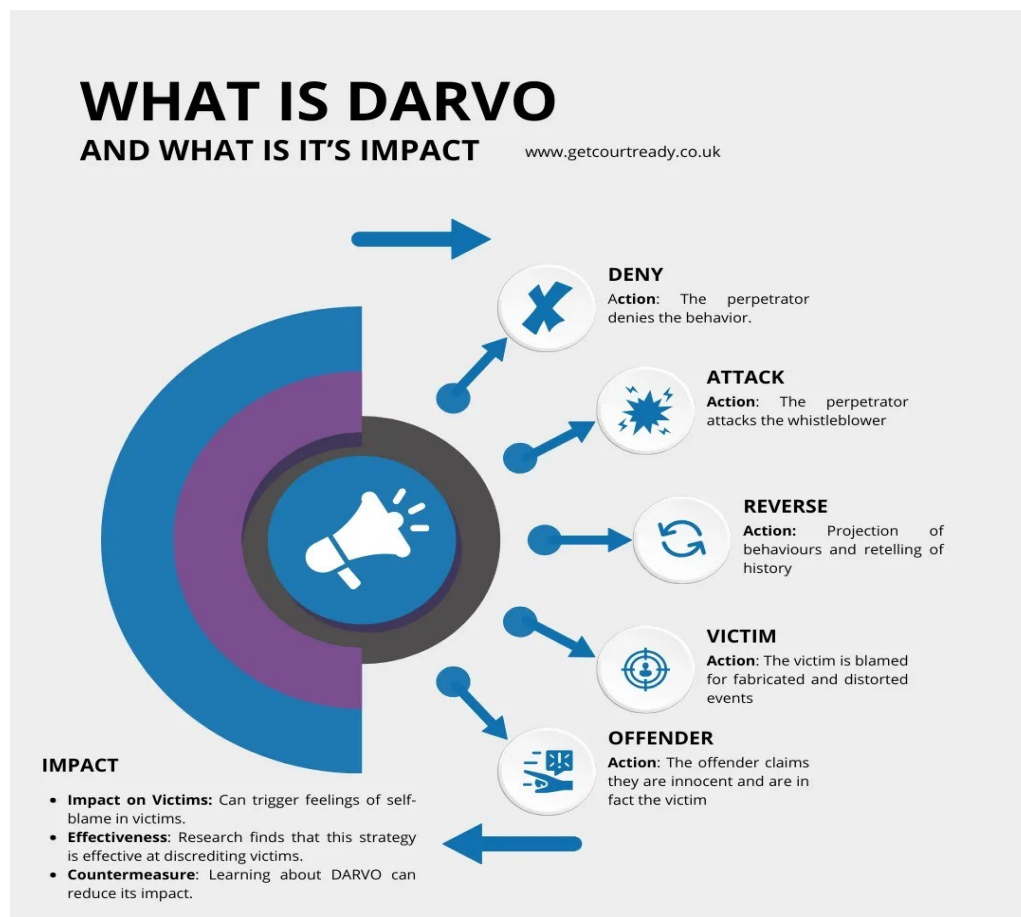
What Is DARVO?

Deny, Attack, Reverse Victim and Offender is a three-step method of twisting accountability. Originally coined by psychology researcher Jennifer Freyd, the DARVO process can look something like this:

Deny. The abuser vehemently denies the survivor's account of what happened. This can involve gaslighting the survivor to make the survivor doubt their memory of events. The survivor may begin to question whether or not they're "blowing it out of proportion" as the abuser continues to minimize what they remember happening.

Attack. The abuser shifts the focus to the survivor's credibility and whether or not others, including law enforcement, should believe them. This could include bringing up past indiscretions (real or fabricated) in the survivor's past, questioning the survivor's mental health, accusing the survivor of abusing drugs or alcohol or asserting the survivor is the abusive one when really the survivor was reacting to the abuse being inflicted. The abuser may even insinuate that the survivor wanted what happened or that, because the couple is married, the abuser couldn't have possibly sexually assaulted them (not true, by the way). The end result can be that the survivor feels bullied or disparaged into staying quiet or may feel some sense of the abuse being their own fault. (Be aware, trauma-related guilt is a liar.)

Reverse Victim and Offender. The final step of this twisted manipulation tactic is for the abuser to secure their title of "victim" and position the actual survivor as the offender. They might contend that the survivor has some vendetta to destroy them. They might say the survivor is lying in order to turn people against the abuser, become more popular, "take away" their children or receive a larger divorce settlement. The abuser might claim they're a "victim of the system" (the criminal justice system). They may use their socioeconomic standing, race or gender to support their claim. All the while, the survivor's actual disclosure of abuse is overshadowed and the survivor will end up spending more time trying to defend her reputation than receiving help for the abuse.



Victims of Crime Act (VOCA) is HAVEN's main funding source from the Crime Victims Fund (CVF) which is financed by fines and penalties from convictions in federal cases, not from tax dollars.

HAVEN has been on edge since 2018 about whether or not VOCA funds would be cut due to caps that were placed by Congress on how much can go into the Crime Victims Fund. Legislative work began on the ground level to share with local, state, and federal representatives the importance of reviewing the cap, resulting in the VOCA Fix of 2021 which helped agencies serving victims of crime stay open.

However, the funds have depleted once again which resulted in a 61% decrease in HAVEN's VOCA funding and even larger cuts to agencies throughout Wisconsin and the nation.

The loss of funding will disrupt HAVEN services, but fortunately with support from the sale of the Holy Cross Sister's home, for which HAVEN was one of the beneficiaries of the proceeds, HAVEN can continue planning for the future. Having these proceeds will help offset the VOCA loss for 2025 but HAVEN needs your help to ensure funding becomes available and sustainable through the Crime Victims Fund for future years.

Can you help HAVEN and those we support?

Please call 202-224-3121 (US Senate Switchboard) and request to leave a message with your U.S. Senators, Ron Johnson and Tammy Baldwin (WI). You can use the template below to assist in advocating for your support in restoring the Crime Victims Fund Stabilization Act.

Thank you for your continued support of those who experience the many forms of interpersonal abuse and violence.



URGENT

CALL TO ACTION

***Tell Congress to Pass
the Crime Victims Fund
Stabilization Act!***

CALL 202-224-3121 AND SAY:

Hello, my name is ___ and I'm a constituent from ___. I urge you to support the Crime Victims Fund Stabilization Act of 2024.

The Victims of Crime Act is the primary source of federal funding for victim services, supporting survivors of domestic violence, child abuse, sexual assault, and other serious crimes. Due to a significant drop in deposits into the Crime Victims Fund, or CVF, funding for these critical services has been severely cut.

The Crime Victims Fund Stabilization Act will help restore the CVF by temporarily adding excess funding from the False Claims Act to the CVF to ensure that vital victim services remain available. I urge you to co-sponsor and support this bipartisan bill to restore funding for survivors of crime. Thank you.

Fun Indoor Activities to do with Kiddos

With late fall/early winter coming up, sometimes it gets just a little too yucky outside. So, here are a few things that can be done instead:

Indoor Obstacle Course: move some furniture around/place toys or tape in various places. Great for large motor skills!

Dance Party: play some of your and kiddos favorite songs and tire yourselves out busting a move!

Make Bubbles: just use some soap and water and see if you can get the bubbles just right. Pipe cleaners can be used to make all sorts of wand shapes. A great science activity!

Build a Fort: a classic fun time, get those sheets, blankets, and pillows and see what kind of fort you can build.

Simon Says: a great game to help develop listening skills with kiddo!

Make Play Mud!

Kiddos love getting messy and sensory fun is great for development. Here is how you can make taste safe play mud:

You will need: 2 tablespoons cocoa powder, 2 cups flour, 2 cups water, parchment paper and a baking tray to cook the flour, toys (animals, construction, whatever toys kiddo wants to play in the 'mud' with)

Bake 2 cups of flour at 300 degrees for 10 minutes (this makes the flour safe to taste).

Lay the flour on the baking tray over parchment paper.

Add baked flour to a bowl with 2 tablespoons of cocoa powder. Mix together

Add 2 cups of water, mix, and then place the muddy mixture in whatever tray or bin kiddo will play with it in.

Add the toys and it's time to play!



Fake Mud Recipe from: [How to Make Play Mud - The Best Ideas for Kids](#)

We know that individual skills and interests vary and that not everyone can volunteer the same amount of time. Therefore, we offer many opportunities with various time commitments.



Fundraising: Plan and organize events to raise money and/or items for HAVEN.

Shelter Advocate Support:

Assist with shelter advocates in answering the 24/7 crisis line and supporting the residents. Full volunteer training will be provided.

Transportation: Transport clients to various appointments when needed, and/or transport clients to the shelter (may include locations outside of Lincoln County). Must have a valid driver's license and liability insurance.

Child Care/Child Activities: Come to the shelter and read a book or do any activity with the kids. Help during the weekly Youth support group.

Full volunteer training will be provided.

We welcome all individuals to apply as volunteers who are committed to our cause.

Volunteer opportunities can range from short-term to long-term, and locally or remotely.

If you are interested in becoming a HAVEN volunteer, please contact HAVEN at 715-536-1300 or email volunteercoordinator@haveninc.org

We look forward to hearing from you!

HAVEN's Wish List

Contact HAVEN at 715-536-1300
Donations can be dropped off at HAVEN,
1106 E 8th Street, Merrill, WI, 54452 during business
hours, Monday-Friday 8am-4:30pm

SUPPORT GROUP NEEDS

Bottled water	Juices
Hamburger	Taco sauce & shells
Chicken breasts	Sour cream
Butter	Pasta Sauce

♥ Consider sponsoring a support group meal.

SHELTER NEEDS

Coffee (grounds/pods)	Size 5 and 6 pull ups
Smarty Pants (kids/ladies)	Tweezers
Native Shampoo	Kleenex
Native Bodywash	Bobby Pins
Makeup Pencil Sharpener	Ensure Drinks

Gifts cards from Merrill Chamber, County Market, West Side Market, Golden Harvest and/or Walmart.

Thank

You

THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN from 6-15-24 to 9-13-24.

We have made every effort to acknowledge these gifts correctly.

Please contact us and accept our apologies should any error or omission be discovered.

Joe & Mary Zahringer

Diana Uttech

Randall Zelent

Jan Fredrickson

Sisters of Mercy of the Holy Cross

Sheila Frederick

St. John Endowment Fund

Cathy Dupuis

Merrill Movie Land

Anonymous donors X 8

Holli Radtke

Ulla

Amy

Nancy K

Rose Skic

Jacqueline Gremler

Diane Collette

Becky Flatau

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County Market

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St. Francis Parish

Lynn

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Mary

Sarah Grunenwald

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Park City Credit Union

Mergets Mouth Watering Mayhem

Lori Wendt

Christina Byers

Mike R

Coleen Frisch

Tricia Crockford

Schreiber Family

Denise

Polly Pollack

George A

Yong Mi Preisler

Lia WH

Cassie Hartwig

Sarah Monti

Employees from Sierra Pacific Windows held their annual hog raffle benefitting HAVEN which generated \$2,623!

Thank you all for you continued support ❤️





ELECTRONIC GIVING

Now you can have your donations automatically and regularly deposited to Haven's -Incredible Bank account.

Save time

Save checks

Give automatically, even when you're on vacation.

Automatic payment is safe, easy and convenient. To take advantage of this service, complete the attached authorization form and take it, along with a voided check, to **your** financial institution.

I authorize HAVEN and the financial institution listed below to initiate entries to my checking/savings account for payment of my donation. This authority will remain in effect until I cancel it in writing. Make this deduction from:

Checking

Savings

Monthly -----

Weekly _____

Print Name

Date

Financial Institution

Account Number

Signature

Phone

Financial Institution of HAVEN:
Incredible Bank
3210 E. Main Street
Merrill, WI 54452

Transit Routing Number-ABA: 075911742
Account Number: 0100805605

We rely on your generosity. If you would like to do a single donation, please send or drop off your check to HAVEN at 1106 E 8th St, Merrill WI 54452. -Thank you!

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U.S. Postage
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