



It Takes a Community....

In the fight against abuse, community relations play an important role in creating a protective environment and fostering resilience. Abuse, whether it's domestic violence, child maltreatment, or any other form, thrives in silence and isolation. Building strong community relations breaks down these barriers, creating networks of support, education, and intervention.

Community partnerships can raise awareness and educate individuals about the signs and effects of abuse. By promoting open dialogue and providing resources, communities empower individuals to recognize abuse and take action. This knowledge not only helps survivors seek help but also encourages bystanders to intervene and support those in need.

Strong community relations provide a safety net for survivors by offering accessible and culturally sensitive services. And also, challenge the societal norms and attitudes that perpetuate abuse. Through advocacy, activism, and public campaigns, communities address underlying factors such as stigma, and victim-blaming. By promoting values of respect, empathy, and equality, communities foster environments where abuse is not tolerated and perpetrators are held accountable.

Furthermore, community relations facilitate early intervention and prevention efforts. By building partnerships with schools, workplaces, and religious institutions, communities implement programs to educate youth, train professionals, and promote healthy relationships. These initiatives empower individuals to end the cycle of abuse and by creating positive change within their communities.

In conclusion, community relations are essential in the fight against abuse. By raising awareness, providing support, challenging norms, and promoting prevention, communities create safer and more resilient environments for all. Together, through collaboration and solidarity, communities can work to overcome generational cycles and build a future free from all forms of abuse and violence.

Community education is foundational to the mission of HAVEN. We will work with any community group, youth or adult organization, K-12 or adult class to plan education that meets the specific interests and needs of the participants. Call Nancy or Kim @ 715-536-1300 for more information.

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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.

The Difficulty of Leaving an Abusive Relationship

Leaving an abusive relationship is often portrayed as a simple decision: just walk away. However, the reality for those living in such situations is far more complex and fraught with challenges. Whether it's physical, emotional, or psychological abuse, the cycle of violence can create a web of oppression, fear, and uncertainty that makes escape seem like an insurmountable hurdle.

The Cycle of Abuse

Abusive relationships are often—but not always—characterized by a cycle of tension, explosion, and reconciliation. In the tension-building phase, the abuser becomes increasingly controlling, manipulative, and verbally abusive, creating an atmosphere of fear and intimidation. This leads to the explosive phase, where the abuse escalates, leaving the targeted person emotionally and/or physically battered and traumatized. Finally, in the reconciliation phase also known as the “honeymoon phase”, the abuser may apologize, promise to change, and also might shower the survivor with affection, leading them to believe or hope that things will get better.

Barriers to Leaving

Despite the abuse, many people find it incredibly difficult to leave their abusive partners due to a myriad of reasons:

Fear of Retaliation: Survivors may fear that leaving will provoke their abuser into further violence or harassment, putting themselves and their loved ones at risk.

Financial Dependence: Economic factors often play a significant role in trapping people in abusive relationships. Many abusers take control of all finances and assets, making it difficult for those they target to support themselves independently.

Isolation: Abusers often employ tactics to isolate survivors from friends, family, and support networks, often telling them that no one cares and no one will help them.

Guilt and Shame: Those who experience abuse may internalize feelings of guilt, shame, and self-blame, believing that they somehow deserve the abuse or that they are responsible for “fixing” the relationship.

Lack of Resources: Limited access to affordable housing, legal assistance, and support services can make it challenging for survivors to leave and rebuild their lives.

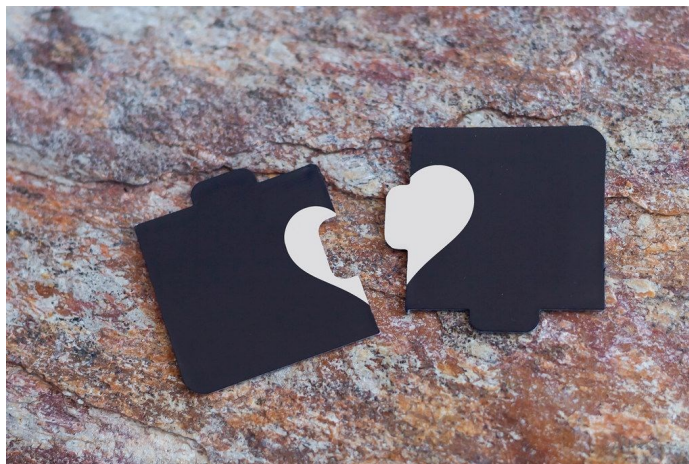
Cultural and Religious Factors: Cultural norms, religious beliefs, and societal expectations may discourage those who are abused from seeking help or leaving their abusers, further perpetuating the cycle of abuse.

Support and Empowerment

The courageous process of breaking free from an abusive relationship requires ongoing support, and resources. It's crucial for those suffering abuse to know that they are not alone and that help is available. Supportive friends, family members, and professionals can provide the encouragement and assistance needed to navigate the difficult journey to safety and healing.

HAVEN offers a lifeline for those seeking to escape abuse, providing shelter when needed, peer counseling, legal advocacy, and connections to many resources. By raising awareness, challenging stigma, and fostering a culture of empathy and support, we can empower survivors to reclaim their lives and gain freedom from those who abuse them.

Leaving an abusive relationship is a deeply personal and challenging decision, fraught with obstacles and uncertainties. It's essential to recognize the complexity of this process and to offer compassion, understanding, and support to those who find themselves struggling in the cycle of abuse. By ending the silence, raising awareness, and providing resources, we can create a society where all individuals are free to live without fear of psychological and physical violence, coercion and control.



“An abuser can seem emotionally needy. You can get caught in a trap of catering to him, trying to fill a bottomless pit. But he’s not so much needy as entitled, so no matter how much you give him, it will never be enough. He will just keep coming up with more demands because he believes his needs are your responsibility, until you feel drained down to nothing.”

— Lundy Bancroft, [Why Does He Do That? Inside the Minds of Angry and Controlling Men](#)

Understanding the Effects of Unresolved Childhood Trauma

Childhood, often perceived as a time of innocence and joy, can unfortunately also be marked by experiences of trauma. Whether it's abuse, neglect, loss, or other adverse events, the effects of childhood trauma can reverberate throughout a person's life, shaping their thoughts, behaviors, and relationships. When these traumas remain unresolved, they can cast a long shadow, influencing mental, emotional, and even physical health well into adulthood.

Understanding Childhood Trauma: Childhood trauma encompasses a range of experiences that are deeply distressing and exceed a child's ability to cope. This trauma can manifest in various forms, including physical, emotional, or sexual abuse, neglect, households impacted by substance abuse, domestic violence, divorce and other adverse childhood experiences (ACEs) such as poverty, homelessness or death of a family member.

Effects of Unresolved Childhood Trauma:

Impact on Mental Health: Unresolved childhood trauma can significantly impact mental health, contributing to conditions such as depression, anxiety disorders, post-traumatic stress disorder (PTSD), and complex PTSD. These conditions may manifest immediately following the traumatic event or emerge later in life, often triggered by stressors that echo the original trauma.

Emotional Dysregulation: Childhood trauma can disrupt the development of emotional regulation skills, leading to difficulties in managing and expressing emotions. Individuals may struggle with intense mood swings, anger outbursts, or feelings of numbness and detachment.

Cognitive Patterns: The beliefs and cognitive patterns formed in response to childhood trauma can persist into adulthood, shaping how individuals perceive themselves, others, and the world. Negative self-beliefs, such as feeling unworthy or unlovable, can undermine self-esteem and contribute to a cycle of self-sabotage.

Impact on Relationships: Childhood trauma can profoundly impact one's ability to form and maintain healthy attachment relationships. Trust issues, fear of abandonment, and difficulty in establishing boundaries are common challenges faced by survivors of childhood trauma. Relational patterns learned in childhood may be repeated in adult relationships, perpetuating cycles of conflict and instability.

Physical Health Consequences: The effects of childhood trauma are not limited to mental and emotional well-being; they can also manifest in physical health outcomes. Research establishes a correlation between ACEs and an increased risk of various health problems, including heart disease, obesity, substance abuse, and autoimmune disorders. The chronic stress response triggered by childhood trauma can dysregulate the body's physiological systems, contributing to long-term health complications.

Inter-generational Transmission: Unresolved childhood trauma can perpetuate a cycle of trauma across generations. Patterns of dysfunctional behavior learned in childhood may be replicated in parenting styles, leading to the transmission of trauma from one generation to the next. Without intervention, the effects of childhood trauma can echo through family systems, compounding its impact over time.

Unresolved childhood trauma casts a long shadow, influencing various aspects of an individual's life, from mental and emotional well-being to physical health and relationships. However, with understanding, support, and appropriate interventions, survivors can embark on a journey of healing and reclaim agency over their lives. Breaking the cycle of trauma begins with acknowledging its impact, building resilience skills, and providing pathways to recovery for individuals and future generations alike.



A Litany for Survival

For those of us who live at the shoreline
 standing upon the constant edges of deci-
 sion
 crucial and alone
 for those of us who cannot indulge
 the passing dreams of choice
 who love in the doorways coming and going
 in the hours between dawns
 looking inward and outward
 at once before and after
 seeking a now that can breed futures
 like bread in our children's mouths
 so their dreams will not reflect the death of
 ours

For those of us
 who were imprinted with fear
 like a faint line in the center of our fore-
 heads
 learning to be afraid with our mother's milk
 for by this weapon
 this illusion of some safety to be found
 the heavy-footed hoped to silence us
 For all of us
 this instant and this triumph
 We were never meant to survive



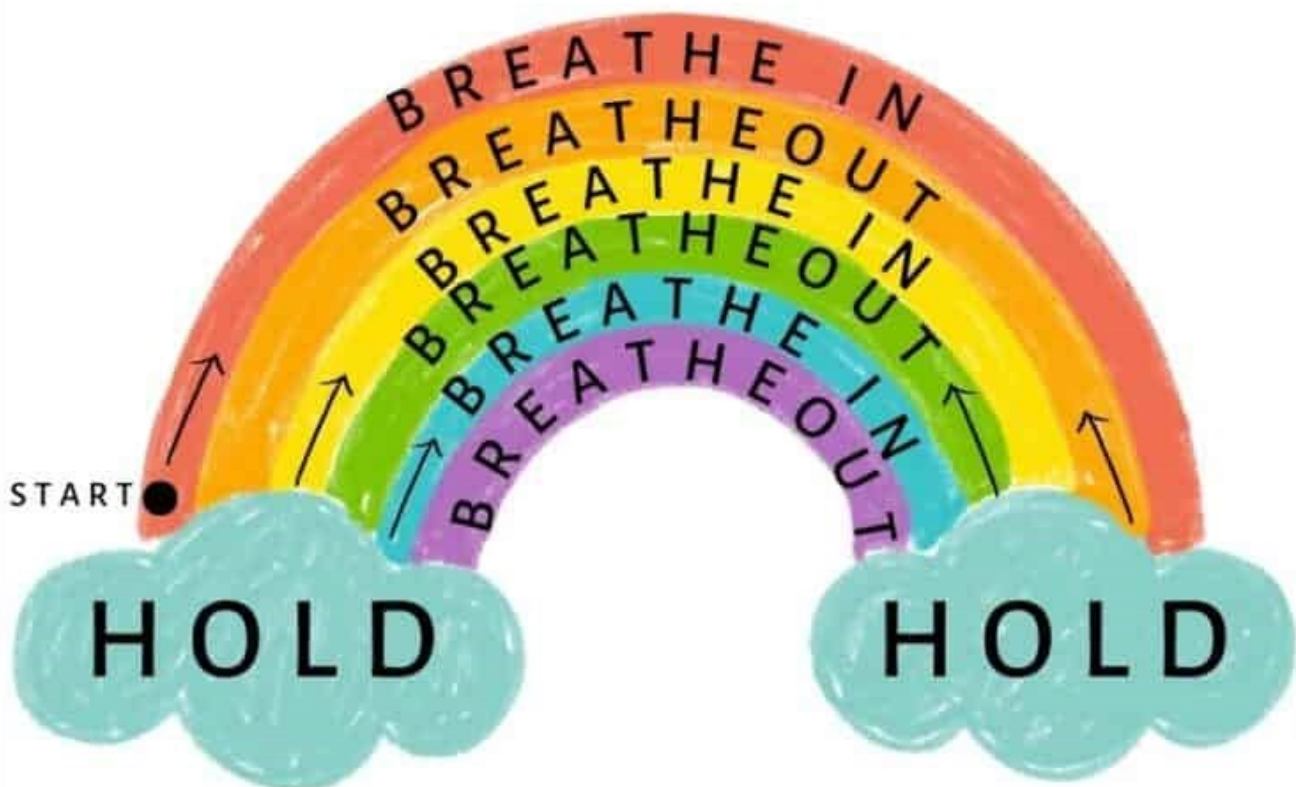
And when the sun rises we are
 afraid
 it might not remain
 when the sun sets we are afraid
 it might not rise in the morning
 when our stomachs are full we are
 afraid
 of indigestion
 when our stomachs are empty we
 are afraid
 we may never eat again
 when we are loved we are afraid
 love will vanish
 when we are alone we are afraid
 love will never return
 and when we speak we are afraid
 our words will not be heard
 nor welcomed
 but when we are silent
 we are still afraid

So it is better to speak
 remembering
 we were never meant to survive

Audre Lorde

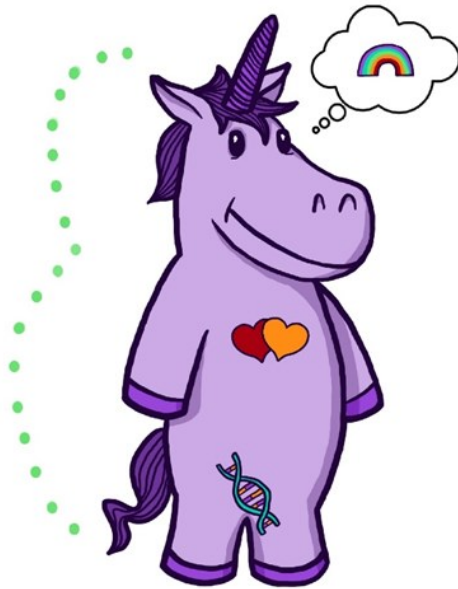
RAINBOW BREATHING

- Breathe in slowly as you trace the red arc of the rainbow
- Hold your breath when you reach the cloud
- Breathe out slowly as you trace the orange arc back to the first cloud
- Hold your breath on the cloud
- Continue the sequence



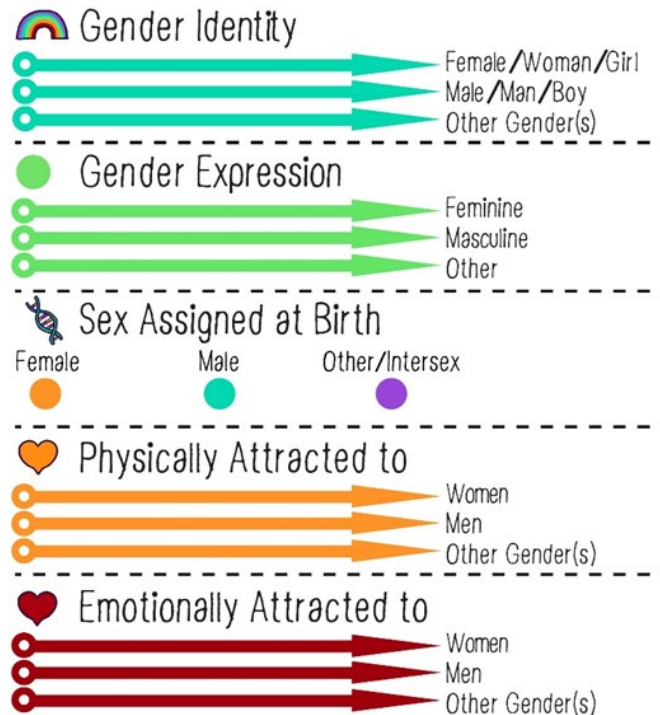
The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore



This is a tool called “The Gender Unicorn” developed by the Trans Student Educational Resources as a way for individuals to show where they are on each spectrum. It can also be used as a reference for those not on a sexuality spectrum to see all that goes into one’s identity and how it’s not also as simple as being straight or gay. The arrows act as a sliding scale where you can place a dot depending on where you feel you are in that particular area. Here are some definitions to help understand this tool:

Gender Identity: this is your inner sense of gender, how you feel you identify

Gender Expression: the physical appearance of gender identity through things such as clothing, hair-style, voice, etc. People typically match gender expression to their gender identity not sex assigned at birth.

Sex Assigned at Birth: the classification of female, male, or intersex based on things such as anatomy, hormones, and chromosomes.

Physically Attracted to: this is sexual orientation and could depend on the others gender identity, expression, or the sex they were assigned at birth.

Emotionally Attracted to: this is romantic/emotional orientation. This may differ from sexual orientation, but may be dependent on the same factors.

Resource: Trans Student Educational Resources, 2015. “The Gender Unicorn.” <http://www.transstudent.org/gender>.



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.

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.

Shelter Advocate Support:

Assist with shelter advocates in answering the 24/7 crisis line and supporting the residents.

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

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

SHELTER NEEDS

Size 6 pull ups	Hair brushes
Pots and Pans	Dishwasher detergent
Toilet bowl cleaner & brushes	
Long range baby monitor	Coffee (grounds/pods)

SUPPORT GROUP NEEDS

Bottled water	Salad dressing
Juices	Taco sauce & shells
Hamburger	Chicken breasts
Butter	Sour cream

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

As we celebrate Independence Day, take time to consider....

"Where, after all, do universal human rights begin? In small places, close to home— so close and so small that they cannot be seen on any maps of the world.

Unless these rights have meaning there, they have little meaning anywhere."

- Eleanor Roosevelt -

THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN from 3-15-24 to 6-14-24.

We have made every effort to acknowledge these gifts correctly.

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

Anonymous X 23	Nancy Kwiesielewicz	Levon Van Der Geest Racing
Ulla	Rose Skic	Leyla Cova
Erika Dombeck	Jacqueline Gremler	Kay Landa
James Fawley	Merrill Enrichment Center	Diana Alsabe
Church Mutual	Leslie Gaughan	Sheila Frederick
Jade D	Laura Kulp- Journey Church	Nancy Lehman
Amy K	Ingrid Erickson	Linda Becker
St. Francis Church	Mariah Voelz	Judith Repinski
Ed Welch	Darlene Peterson	Toni Mahn
Chris Newman	Diane Collette	TB Scott Free Library
Marion Yorde	Becky Flatau	Randall Zelent
Lorie Blake	Lia W	Melinda Wisniewski
Joann Opsahl	Sarah Monti	Kim W
Rick Bjorkland	Lori Wendt	Bruce Sunde
Faith Lutheran Church	Culver's	Merrill Forward Together
Diana & Bob Smith	Kwik Trip	Nelson's Powerhouse
Jan Fredrickson	County Market	
Trista		
Girl Scouts		
Barb Ament		
Kay Lynn Guite		
Walmart		

Thank

You



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!

Non-Profit Org.
U.S. Postage
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