



CADA | inspire hope

committee against domestic abuse

Fall 2014

A Message from CADA's Executive Director

"Domestic abuse is connected to child abuse is connected to bullying is connected to elder abuse is connected to poor community outcomes. It's all connected!"—Renita Robinson, Executive Director of the Committee Against Domestic Abuse (CADA), Inc.

According to a July, 2014 report from the Centers for Disease Control and Prevention and its Prevention Institute: "Understanding the overlapping causes of violence and the things that can protect people and communities... can help us better address violence in all its forms."

This same report identifies links between intimate partner violence, sexual violence, child maltreatment, bullying, suicidal behavior, and elder abuse and neglect while highlighting that they are interconnected and often share the same root causes.

The unaddressed domestic and sexual violence in Mankato and our eight county service area has the potential to wreak havoc in otherwise wholesome and thriving communities. CADA knows that education is a key factor in proactively addressing the negative effects of violence in a community and we invite you to become a part of the solution instead of defaulting to being a part of the problem.

Here's how:

- Get educated about the cause of violence
- Refuse to use violence in any form for solving problems
- Normalize conversations about the negative impact of domestic and sexual violence at the individual, family and community level.
- Visit CADA's website and get involved: www.cadaMN.org

Upcoming events:

- October 1: Mankato, Official launch of CADAKids Logo Contest
- October 2-31: Mankato Lunch and Learns (10 topics) Thursdays and Fridays
- October 8: Waseca, Clothesline Project
- October 11: Mankato, Walk A Mile In Her Shoes (MSU, Alpha Chi Omega Event)
- October 14: Blue Earth, Post Separation Violence— Lunch and Learn
- October 15: Mankato, Community Forum 6pm (Location TBD)
- October 21: Mankato, Post Separation Violence Seminar
- October 22: Waseca, Children Witnessing Violence—Lunch and Learn
- October 25: Mankato, Three Eagles Event
- October 27: New Ulm, Post Separation Violence— Lunch and Learn

CADA Programs

Emergency Safety Shelter

P.O. Box 466
Mankato, MN 56002-0466
507-625-8688 Business
800-477-0466 Crisis

Keep Me Safe

Parenting Time Center
P.O. Box 466
Mankato, MN 56002-0466
507-625-8688 Business

CADA of Blue Earth/Nicollet Counties

100 Stadium Court
Mankato, MN 56001
507-625-8688 Business

CADA of Faribault County

P.O. Box 203
Blue Earth, MN 56013
507-526-5275 Business

CADA of Waseca/Le Sueur Counties

P.O. Box 348
Waseca, MN 56093
507-835-7828 Business

CADA of Watonwan County

55 8th Street South
St. James, MN 56081
507-375-3040 Business

CADA of Brown/Sibley Counties

P.O. Box 671
New Ulm, MN
507-233-6666 Sibley
507-233-6663 Brown

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CADAKids

Committee against domestic abuse

FALL 2014

Did you know?



Exposure to violence is a national crisis that affects approximately two out of every three of our children (U.S. Department of Justice, 2012).

According to the Attorney General’s National Task Force on Children Exposed to Violence released in December of 2012, of the 76 million children currently residing in the United States 46 million can expect to have their lives touched by violence, crime, abuse and psychological trauma this year.

We invite you to stand with CADA for a violence free Region 9 community. By sponsoring a CADAKid, your donation contributes to raising awareness related to our campaign to address domestic violence in our communities and goes directly to services that provide child victim-witnesses and their families support after exposure to violence in their family and community.

The mission of CADA, Inc. is: “To provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter.”



(CADAKids pictured above were colored by children residing in the CADA shelter)



What is CADAkids?

The CADAkids campaign starts November 1, 2014 and raises operating funds for kids and families using our shelter whose lives have been touched by violence. It also brings awareness to child victim-witnesses of domestic violence and allows partners standing with CADA for kids to purchase post cards, figurine cut outs to display in yards, foyers etc. and other artifacts (see website: www.cadaMN.org on October 1, 2014).

The children are red, white and blue noting that red is a color that symbolizes protection in some cultures, white is symbolic of purity (and a reminder that violence steals children's innocence) and blue is the color of Child Abuse Awareness and Prevention month.

We invite you to make a decision to be a part of the solution by partnering with us.
P.O. Box 466 Mankato, MN 56002

Get involved!



Starting in November, 2014, help make this campaign a success by purchasing a CADAkid, or by sponsoring one at the following or any level you desire:

Individual: \$20

Nonprofit: \$40

Family \$50

Business: \$50

The mission of CADA, Inc. is: *"To provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter."*

Coupling with this mission requires a sobering look at the violence we support in our society and a decision to take a proactive stand to communicate non-violent values to our children, while acknowledging the broad impact that normalizing violence has on child victim-witnesses of domestic violence and sexual assault.

All proceeds benefit services that provide child victim-witnesses and their families support after exposure to violence in their family.

We invite you to consider becoming a sponsor in November.



If you have any questions about CADAkids, or would like a CADA representative to come speak at your church, agency, or group, please feel free to contact Melissa at melissab@cadaMN.org or by calling 507-625-8688 ext. 100 or visit our website:

www.cadaMN.org.



- November 9: St. Peter, Fired Up! (Gustavus Adolphus Event)
- November 12: Mankato, Victim Blaming Seminar
- December 16: Kiwanis Holiday Lights

The staff at CADA is working hard to accomplish its mission: *to provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter*. We invite you to partner with us as to raise consciousness about each individual taking responsibility to be a part of the solution of domestic, sexual and family violence in our culture. At CADA we know the danger of ignoring these issues in our eight county service area. We also know that education is a key factor in proactively addressing the negative effects of violence in any sized community and we invite you to become a part of the solution with us. Thanks!

Lunch & Learns

Written By Brittany Wojtowicz

October is Domestic Violence Awareness Month! In order to increase awareness of the prevalence and dynamics of domestic violence in our communities, CADA is introducing a Lunch-and-Learn Training Series. These 10 one-hour sessions are geared towards professionals that may be working with victims or child victim-witnesses of domestic violence. Sessions will be held over the lunch hour beginning at 11:45 am, so attendants are encouraged to bring their lunches to enjoy together.

Each session will be presented by an expert in that area. The cost is \$10/session and will offer 1.0 CEUs with the MN Board of Social Work. We are currently working on trying to get approval for other continuing education credits, so check back frequently.

Please consider joining us for the following events:

Domestic Violence: An Introduction	10/2/14
Intimate Partner Sexual Violence	10/3/14
Working with Victims of Domestic Violence	10/9/14
Keeping (Battered) Women Safe from Post-Separation Violence	10/10/14
Immigrant and Refugee Women's Experience of Domestic Violence	10/16/14
Becoming More Culturally Responsive to Victims	10/17/14
Impacts of Domestic Violence on Mental Health	10/23/14
In our Best Interest: A process for Personal and Social Change	10/24/14
Impact of Domestic Violence on Children and Adolescents	10/30/14
Children Witnessing Violence: Implications for Social Workers, School Counselors, and Advocates for Students of Color	10/31/14

If you are interested in attending or would like more information, please email me at brittanyw@inspire-hope.org or call at (507) 625-8688 ext. 107.

The Ray Rice Incident: Why Do Women Stay?

Written By Renita Robinson

"If a woman is big enough to hit a man, then she shouldn't be surprised when she gets hit back." This and sentiments like it were found all over the media in response to the front page news associated with the video release of NFL player Ray Rice punching his then fiancé unconscious in the elevator of a casino in February 2014. This new footage was leaked at the beginning of the 2014 football season and filled the gaps associated with the July 2014 video that showed Rice dragging Janay Palmer out of an elevator unconscious—for which he was suspended for two games.

The couple was married between the July and September video releases. The marriage has provoked a flood of questions about why she would stay after this kind of violence and declarations that "she must like being hit." All of which are foundational in the discussion of "horizontal hostility" a term that associated with the Women's Liberation Movement coined by Florynce Kennedy in her 1970 paper, "Institutionalized Oppression vs. the Female" that starts to expand on the complexity of hostility toward the oppressed by the oppressed.

Many who are asking Mrs. Rice to defend her reasoning behind marrying the man she loves, who is the father of her children, and who is the primary bread winner of the family do not realize that questioning Mrs. Rice about her decision takes the attention away from the real questions that should be asked. Why does society condone the violence of men against women? And how do we end it?

Since the question was posed about why she would stay, I'll try to answer it briefly. Many women stay in violent relationships because of promises the violence will end.

They believe their partners are both dangerous and worthy of another chance. They also stay because the alternatives to staying are overwhelming:

1. Fear the violence will escalate (The most lethal time in an abusive relationship is after a woman leaves. More than 70% of domestic violence murders happen after the victim has gotten out.)
2. Fear of having no way to support and keep self (and children) safe
3. Fear of being homeless
4. Fear of being seen to abandon their faith, shame and the list goes on...

Before blaming the victim for staying and oversimplifying the issue with hostility towards her--get the facts here: <http://www.cadamn.org/pages/12/Domestic%20Violence>. Women usually stay until they have some place to go and enough tangible support to leave.

POST SEPARTION VIOLENCE SEMINAR: Reframes

Written by Renita Robinson

Have you ever stood in line behind a mom who you wished “Could get those kids under control”? Or maybe you’ve seen a mom so frazzled you wondered to yourself “Is she on drugs or something?” Many women who have finally pulled together the courage to leave a battering relationship look terrible in the eyes of the communities and systems that could provide needed support to them.

Assumptions about the violence ending because the relationship did, make being it difficult to reframe her disheveled life as virtue and victory. The reality is: leaving an abusive relationship is the deadliest time of a victim’s life. The risk of harm to herself and the children increases exponentially and the culture around her often adds another layer of victimization to her attempts to normalize her life after abuse.

CADA’s Post Separation Violence Seminar offers valuable insight into the reality of survivors of abuse after the relationship ends, and the hard work of rebuilding a life without looking over your shoulder begins.

Many survivors remark that the emotional and psychological abuse associated with battering pale in comparison to the physical wounds that heal.

Former seminar participants had this to say about the training:

“Every professional in human services would benefit from this seminar.”

“..this seminar will just help me to have another lens to look through in understanding the work of my staff.”

“I am looking forward to being able to share the information with clients and people in the system.”

Please join us for our upcoming Post Separation Violence Seminar on Tuesday, October 21,2014. To register, please visit our website at cadaMN.org.

CADAKids: Logo Contest Guidelines

We are having a contest for a logo related to our support of children during Domestic Abuse Awareness Month. Because kids are so special to us, we want to focus your attention on the child-victim witnesses of domestic abuse. We invite you to create an original logo to be used in bringing awareness to the impact that violence has on children. The winning design will become our official CADAKids logo for this year and be displayed in businesses, churches and schools in our eight county region during our CADAKids campaigns. The winner will receive a \$50.00 gift card and designer credit.

Entries must adhere to the following:

1. Include the word "CADAKids"
2. Include at least three colors (red, white and blue: red is a color that symbolizes protection in some cultures, white is symbolic of purity (and a reminder that violence steals children's innocence) and blue is the color of Child Abuse Awareness and Prevention month)
3. Be received via email, or mail at P.O. Box 466 Mankato, MN 56002 by October 15th

Please check our website: www.cadaMN.org on Friday, October 1st for more details. A panel of judges will vote on the entries and the winner will be announced at a community event October 26, 2014.

For questions email or call Melissa at melissab@inspire-hope.org, 507-625-8688 ext. 100, or visit our website: www.cadaMN.org for more details. Thanks!

Inspire Hope for the Holidays; Adopt A Family

Written by Margy Hendrickson

It's Christmas time again! It's time to go shopping at the mall or to give creative personally made gifts. For many, time is spent baking cookies, listening to holiday music and/or visiting loved ones. We've all heard that it is better to give than to receive. Knowing that you're helping make someone's life a little bit easier, or helping make someone happy is an indescribable feeling. While most of us take for granted having a "Merry" Christmas, some among us can only dream about it.

Reflections on the joy of opening gifts on Christmas Day can turn to sadness with the realization that there are children and families in our area who won't have gifts to open this year. However, there is hope for them and that hope is you. We feel privileged to have helped provide support to those in need for so long, and we honestly couldn't do it without your generosity. Please consider putting one more person on your Christmas gift list this year and adopt a woman, a family, or a child, with whatever you are able to give.

Help CADA make Christmas morning joyful and bright for those who have experienced domestic violence. If you are interested in giving, or have questions, contact Margy at 507-625-8688 x105 or send an e-mail to margyh@cadaMN.org. Margy will send you a list of available families to adopt along with their wish lists and instructions for delivery. 7

CADA's New Volunteers & Interns

Lauren Bach

Shelter Volunteer

My name is Lauren Bach, and I am originally from New York Mills, MN. Currently I am a senior psychology major and sociology minor at Minnesota State University, Mankato. After I graduate I plan on attending graduate school for industrial-organizational psychology and working as a business consultant in the future. I am honored and excited to volunteer with CADA. The experience will deepen my college education and more importantly provide me the vast opportunity to serve as an advocate to individuals who have experienced domestic abuse. While volunteering, I expect to learn about the experience of violence in the home, the challenges of ending domestic abuse and how to empower individuals in maintaining safety and wellbeing.

Liz Kotewa

Shelter & Outreach Intern

Hello, my name is Liz Kotewa and I will begin interning in early October. I have lived in Mankato for the majority of my life so I am familiar with the basics of the wonderful services CADA provides within the community. In approximately three months I will have obtained my B.S. Degree in Criminal Justice. Although I enjoy learning through text books and other reading material, there is invaluable knowledge gained through actual experience in the field and I am beyond thrilled to begin gaining that experience at CADA. For the past five years I have worked as a Custody Officer in the Blue Earth County Jail and also doing administrative work in the Nicollet County Probation Department which works closely with the courts. I have worked with an array of individuals and personalities, but am more than anything looking forward to working with individuals who are seeking out help in order to essentially better their lives. Furthermore, I am equally excited to meet other people who share similar ideas and passions as I do.

Lauren Kosmatka

Children's Advocate Intern

I am Lauren Kosmatka, born and raised in Sleepy Eye, MN. I am a Social Work student in my third year at Minnesota State University. I enjoy going on walks, spending time with my family, and drinking coffee. I also collect old pennies, and I am a HUGE Maverick hockey fan!

Ashley Stender

Children's Advocate Intern

I attend Mankato State University, pursuing a major in Social Work. I am currently working at a teenage group home here in Mankato. I love any type of outdoor activities, such as horseback riding, fishing, snowmobiling, four wheeling, etc. I am looking forward to this new and eye opening experience with learning all that goes into CADA and working with the children or anyone else who may need my assistance.

Are you interested in volunteering at CADA?

We are looking for volunteers to assist with crisis call out advocacy to victims in need at hospitals and law enforcement centers, assisting advocates in our outreach offices, pet fosterers for the CADA Pets Program, and administrative tasks. For more information, please visit our website: www.cadaMN.org

CADA's Quarterly Donors

CADA is especially grateful for its breadth of support from individuals, faith and community organizations public and private grantors. Your generous contributions of dollars, time, and essential basic needs are witness to our partnership in providing safety, promoting justice, and preventing harm.

Thank you!

Corporate Financial Donors

Christ The King Lutheran Church
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Hosanna Lutheran Church
Kaye Corporation
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Women of Trinity Elcw
Zion United Church of Christ
Zonta Club of Mankato

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Mankato Clinic
Marilyn Pierce
MRCI
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Red Lobster
Ruth Johnson
Select Comfort Store
Seventh Day Adventist Church
Shark Tooth Networks
South Blue Earth Lutheran Church
Tandem Bagels
Target
Trinity Lutheran Church
Zonta Club of Mankato

Volunteers & Interns

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Angi Francis
Ashley Stender
Ebony Sinkfield
Jesse Zehme
Kami Patrin
Kayla Tanner
Kelly Wharton
Lauren Bach
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Mikaela Gustafson
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Committee Against Domestic Abuse, Inc.

P.O. Box 466

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www.cadaMN.org

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Renita Robinson

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CADA Wish List

At this time, CADA is in need of the following items:

- ◆ Deodorant
- ◆ Brushes
- ◆ Ethnic hair products (pink lotion, etc.)
- ◆ Baby hygiene products
- ◆ Size 4 & 5 diapers
- ◆ Pregnancy tests
- ◆ Yoga/sweat pants – all sizes
- ◆ Socks and underwear – all sizes
- ◆ Twin size sheet sets
- ◆ Sets of towels
- ◆ Powder laundry detergent
- ◆ Gently used furniture (sofas, tables, dressers, etc.)
- ◆ Beds (mattress, box spring, frame)
- ◆ Flat screen TVs
- ◆ Kitchen appliances
- ◆ Dish sets
- ◆ Pots and pans sets
- ◆ Towel sets
- ◆ Trash cans
- ◆ Vacuum cleaners

Please call Melissa at 507-625-8688 ext. 100 or email at melissab@inspire-hope.org if you have any questions, or to have your donation preapproved.