



CADA | inspire hope
committee against domestic abuse

www.cadaMN.org

Winter 2015

A Message from CADA's Executive Director

Happy New Year Friends...CADA is moving forward in a wonderful way, thanks for your partnership! Reflecting on the past year, we have surpassed previous highs in community and volunteer engagement, opened up formerly closed doors, been in robust conversations with service providers and added and expanded partnerships with systems practitioners who engage our clients regularly. We have served more clients by re-engaging our organizational mission: *To provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter*, **and** we are strengthening our victim centered philosophy in practice. We are listening intently to the experiences of victims, facilitating advocacy/support through a culturally competent, trauma-informed lens and, as always, believing victims and providing support that they experience as such. Our philosophy allows us to partner with victims as they move to the "other side" of the often traumatic situation that brought them to us, into being an empowered survivor. *Renita*

What CADA did in 2014...

Launched: CADAKids, CADACorps, CADAlearn, and the Safe Bar Initiative

Services Statistics	2013	2014
Domestic Violence Victims	2,139 (50 male)	2,415 (110 male)
Sexual Assault Victims	214 primary and 131 secondary	234 primary and 135 secondary
Orders for Protection	195	309
Harassment and Restraining Orders	95	128
Visits and Exchanges	76 children visited non-custodial parents	79 children and 713 monitored visits
Emergency Shelter	90 women and 126 children	270 women and children

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
 507-299-6000 Sibley
 507-233-6663 Brown

CADAKids

Committee Against Domestic Abuse

WINTER 2015

Did you know?



Renita Robinson, Executive Director

This past summer Forbes ranked Mankato #3 on their list of "Best (small cities) for business and careers." We were ranked #20 in education, #27 in the cost of doing business, and #59 in Job Growth. Domestic violence has the potential to curtail all these standings.

Children witnessing violence impacts education, the cost of doing business in the community, and job growth. According to the U.S. Department of Justice, 2012; Exposure to violence is a national crisis that affects approximately two out of every three of our children... with effects lasting into adulthood. Witnessing violence in the home yields negative educational outcomes: low grades; peer rejection; school failure (Gutman, Sameroff, & Cole, 2003) problem behaviors: truancy; aggression; and substance abuse (Henry, 2007) to name a few. 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.



Get Involved!

The CADAKids campaign 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 note cards, figurine cut outs* to display in yards, foyers etc. and other artifacts.

All proceeds benefit services that provide child victim-witnesses and their families support after exposure to violence in their family. 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 Lindsay at lindsayb@cadaMN.org or by calling 507-625-8688 Ext.100 or visit our website: www.cadaMN.org.

*figurines will be available in 2015



Trauma and Development

Renita Robinson, Executive Director

A few weeks ago, a small baby was in a carrier drinking from a bottle that had been propped up. The mom commented on how content the baby was and that “it’s a good thing she’s too little to remember what happened”. The reality is the child isn’t too young to remember the trauma; a matter of fact research suggests that the experience is like footprints in cement and has the potential to carry lasting mental and physical consequences, potentially influencing parts of the brain involved in learning and memory, and the way this child’s body responds to stress over a life time. The most impactful stage of trauma exposure is before the age of 3. This child may not be able to retell the story of what was experienced, but it was encoded in this small child’s brain.

A baby who experiences trauma in what should be a safe environment lives in fear which leads to the brain developing in survival mode rather than thriving. If we think of the brain as a tower of building blocks, the first block is the most important because it is the foundation. When children feel safe and nurtured, the next block can fit into place well and create a space for the next block. If children don’t feel safe, their brains make fewer connections and often experience a decrease in healthy development in other parts of their brain. There is evidence from neuroscience that shows the brain of a child who has experienced trauma may be smaller in size when compared to the size of a brain of a child experiencing no trauma exposure.

Infants experiencing trauma live in chaotic, unpredictable situations and have difficulty soothing themselves. Later in life many of these children show signs of being anxious and may have trouble focusing on tasks. Other common issues are bed wetting and depression.

Children need adults who are able to nurture them physically and emotionally, keep them safe, and offer them opportunities to develop the age appropriate social and emotional skills needed for future success.

In 2014 over 150 children were provided safety and support in CADA’s shelter. Each one was a victim of trauma. Almost half of those children were at the most critical stage of brain development: five years old or younger. Research suggests the days of thinking ‘these children are too young to remember what happened’ are over. The trauma experienced by the smallest victim, is where the biggest impact needs to happen. We need to ensure every baby has a safe nurturing home free from violence exposure. Now that we know better we must do better to keep even the smallest non-verbal victims safe. (article adapted from input from Margy Hendrickson)



We invite you to make a decision to be a part of the solution by partnering with us.

www.cadaMN.org
P.O. Box 466
Mankato, MN 56002



CADAl^{learn}

CADAkids Victim-Witness Conference: Making Community Connections Count

A conference making connections with service providers and engaging discussions on how witnessing domestic and sexual violence victimizes children and impacts community health.

The CADAkids Victim-Witness Conference brings together educators, systems practitioners, criminal justice practitioners, law enforcement, medical practitioners and others to share current realities, information, strategies and network with peers. The conference encourages learning and dialogue to address and respond to the needs of children (and adults) victimized by violence as witnesses and the targets. The conference will provide participants with exposure to information to help support the identification of barriers that child victim-witnesses of domestic violence have, and to remove the barriers associated with providing culturally competent, trauma-informed supportive services to child and adult victims of domestic and sexual violence.

The conference audience will include victims/survivors of domestic and sexual violence, human trafficking, community and system based victim advocates, law enforcement officials, prosecutors, judges, court personnel, probation/corrections agents, medical/health care practitioners, social service professionals, youth workers, restorative justice professionals, and others interested in victim and survivor issues and service provision.

For more details visit us at: www.cadaMN.org

CEUs for Social Work, Post Credits, and CLEs available



Lunch and Learns



CADAl^{learn} provides professional development opportunities over the lunch hour. These sessions are geared towards professionals that may be working with victims or child victim-witnesses of domestic violence and sexual violence. Sessions will be held over the lunch hour so attendants are encouraged to bring their lunches while consuming great information. Continuing Education Credits are available. If you are interested in attending or would like more information, please email erikab@cadaMN.org or call at (507)625-8688 Ext. 113.

CADAcalendar

Committee against domestic abuse

WINTER 2015

MARCH

National Women's History Month

Law Enforcement Training

Mar. 12, 2015: 1-3pm

Wells, MN

Contact: Deb at debw@cadaMN.org

Witnessing Abuse and the Brain

Lunch and Learn

Mar. 19, 2015: 12-1pm

Gaylord, MN

Contact: Sara at saran@cadaMN.org

On the Shoulders of Giants

Women's History Event Honoring CADA's Signers of Incorporation

Mar. 20, 2015: 12:15-1:30pm

Mankato, MN

Invitation only

"Activism is my rent for living on this planet".- Alice Walker

APRIL

Child Abuse Awareness Month and Sexual Assault Awareness Month

Lunch and Learns, 12-1pm

Apr. 2, 2015: Sexual Violence 101

Apr. 3, 2015: Child Abuse 101

Apr. 9, 2015: Rape Culture

Apr. 10, 2015: Witnessing Abuse and the Brain

Apr. 16, 2015: Reproductive Justice

Apr. 17, 2015: A Culturally Competent Response to Trauma

Apr. 23, 2015: Grooming Techniques

Apr. 24, 2015: Child Abuse and Bullying

Inspire Hope Breakfast

Apr. 10, 2015

Dance-a-thon at Gustavus

Apr. 10, 2015: 8pm-11pm

Child Victim-Witness Conference

Apr. 28, 2015 8am to 5pm

MAY see website for upcoming events

Mental Health Awareness Month

Compassion Fatigue Training

CADA Staff Event

May 8, 2015

Substance Abuse Lunch and Learn (TBA)

Trauma Informed Supportive Services: A Seminar

May 15, 2015: 9am-1pm

Recognizing an ever present need for culturally competent trauma-informed supportive services, CADA is engaged in a rigorous attempt to understand and create an agency that provides an example of a deeply rooted understanding of what trauma informed culturally competent services look like. Please join us for our May Seminar offering, addressing trauma-informed supportive services.

JUNE see website for upcoming events

Father's Day Appeal

(Event TBA)

CADAKids Ride to End the Cycle

This CADAKids event is a fundraising event intended to bring awareness to the general public about the impact witnessing violence has on kids and to encourage bikers in our region to get involved in "interrupting the cycle."

The average domestic violence victim returns to an abusive relationship **seven** times before leaving for good. The period of leaving is the deadliest time for a victim and children attempting to leave an abusive relationship.

Riders involved in this event can raise support that will interrupt this cycle and provide needed funds for safety planning, relocation, education and supporting survivors' shift to the other side of the abuse.

Human Trafficking



Hannah Fisher,
Sexual Violence Program Team Lead

January is Human Trafficking Awareness Month. To some of us that may be a foreign concept, or a concept we think only happens in foreign places. In reality, human trafficking happens right here in Southern Minnesota. Minnesota was ranked 13th in the United States for the sex trafficking of minors. Hard to believe? To many it is. However, as an advocate who has worked in multiple cities in Minnesota I have personally worked with human trafficking victims in each of those communities. Human trafficking has many definitions and many layers; however its basic tenant is someone using force, fraud, or coercion to extract free labor services or sexual acts from others. Victims can be boys and girls, men and women, old and young, born in another county or born in the United States.

Minnesota is a progressive state in terms of youth sexual exploitation laws. This August, "No Wrong Door" legislation went into effect in Minnesota. No Wrong Door is Minnesota's implementation of the Safe Harbor Bill which decriminalizes anyone under the age of 18 who is being sexually exploited and increases penalties for people who purchase youth for sex or sexual acts. No Wrong Door is a unique model which places Regional Navigators throughout Minnesota to help educate professionals about sexual exploitation of youth, as well as improve services to youth victims of sexual exploitation.

Although human trafficking seems overwhelming for many, you can help fight human trafficking in your community. Really you can! One simple and effective tool is all you need: your voice. Break the silence, start the conversation, ask your friends and family what they know, go to town hall meetings, educate yourself, and make sure the businesses you frequent do not participating in human trafficking.

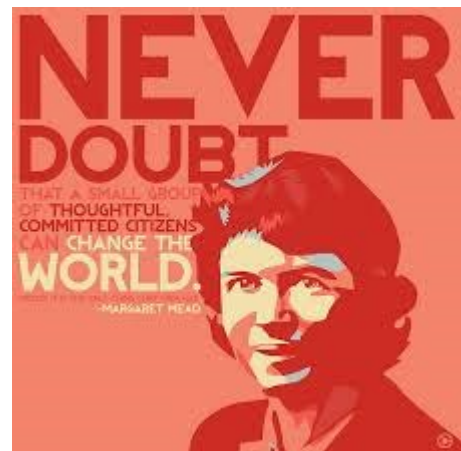
You can make a very real difference by simply using your voice. In the words of the cultural anthropologist Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Want more information on human trafficking in your community or how you can help?

Contact:

Hannah Fisher, Sexual Violence Program Team Lead
hannahf@cadaMN.org
(507)625-8688 Ext. 103




Juli Fast, Southwestern Minnesota Regional Navigator
juli@mnsbcc.org



Teen Dating Violence

Erika Boyer Kern,
Outreach Team Lead

Did you know?

-  Nationwide, nearly one in ten high-school students have been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend.
-  Having been a victim of physical dating violence was significantly associated with lower than average grades for male and female students in grades 7 through 12.
-  Of teens in abusive relationships, fewer than one in three confide in their parents about their abusive relationship.

(Center for Disease Control, 2014)

Abusive relationships can start early and last a lifetime. Teenagers often think some behaviors, like jealousy and name calling, are an "ordinary" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. February is Teen Dating Violence Awareness Month, a time to raise awareness and reach out to victims of violence. The Committee Against Domestic Abuse, Inc. (CADA) serves victims of teen dating violence, sexual assault, and sexual exploitation by offering safety planning, support groups, and legal advocacy. We know how important it is to talk to teens about healthy relationships, consent, and violence and offer community education to area schools and organizations in our eight county region. We also have two over the lunch hour educational opportunities, Lunch and Learns, for professionals. One will offer you approaches and tools you can use in working with teens who have experienced violence and the other will offer strategies in preventing teen dating violence in our community. Please visit our website for more information at www.cadaMN.org.



Katie Arett—Blue Earth County Outreach Intern/ Volunteer Crisis Call Out Advocate

McKenzie Drexler—Blue Earth County Outreach Intern/Volunteer Crisis Call Out Advocate

Kinsey Fitzloff—Children’s Volunteer/ Volunteer Crisis Call Out Advocate

Angi Francis and Miley—Volunteer Therapy Animal Team

Sid-Reshia Floyd—Children’s Intern

Julia Hamann—Shelter Intern/ Volunteer Crisis Call Out Advocate

Courtney Hemmingsen—Children’s Intern

Hanan Jamali—Shelter Intern

Liz Kotewa—Volunteer Crisis Call Out Advocate

Sarah McDonald—Shelter Volunteer/ Volunteer Crisis Call Out Advocate

Kourtney McNallan—Children’s Volunteer

Alyssa Mielke—Administrative Volunteer

Kelsey Ogren—Waseca County Outreach Intern

Patty Paulson—Administrative and Brown County Intern/ Volunteer Crisis Call Out Advocate

Alicia Ray—Volunteer Crisis Call Out Advocate

Amber Reed—Volunteer Crisis Call Out Advocate

Raé Rolloff—Brown County Volunteer/ Volunteer Crisis Call Out Advocate

Paula Skala—Shelter and Children’s Intern/ Volunteer Crisis Call Out Advocate

Julie Larkin Spies—Volunteer Crisis Call Out Advocate

Kendra Van Rossum—Children’s Intern

Chelsea Wangen—Blue Earth County Volunteer

Tracy Zimmerman—Waseca Intern/ Volunteer Crisis Call Out Advocate

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 CADApets program, and administrative tasks.

Please contact Bridget at bridgetb@cadaMN.org or visit: www.cadaMN.org

New Staff

Sarah Bartell
Keep Me Safe Monitor

Lindsay Bolstad
Administrative Assistant

Felicia Kellen
Shelter Relief Advocate

Sara Mennen
Shelter Relief Advocate

Adrianna Perez
Shelter Relief Advocate

Eileen Zeiger
Shelter Relief Advocate

Staff in New Roles

Ron Baker
*Keep Me Safe Program
Team Lead*

Melissa Ballman
Shelter Team Lead

Erika Boyer Kern
Outreach Team Lead

Bridget Bruels
Volunteer Coordinator

Hannah Fisher
*Sexual Violence Program
Team Lead*

Quenter Ramogi
*Blue Earth County
Program Coordinator*

On the Shoulders of Giants

Articles of Incorporation August 12, 1980

Miriam Porter	Bess Kline
Amy Porter	Pat Hippert
Robbi Hanley	Ella Shellum
Candy Mortenson	Kathy Treb Pollock
Sue Gwin	Sharon Rubel
Bonnie Rosseau	Ginny Fischer



March is Women's History Month, and CADA is excited to take the opportunity to honor the powerful women that paved the path to make CADA what it is today. We know that all we do happens "On the Shoulders of Giants" and we invite you to come and be recognized if you were an original signer of our articles of incorporation, served on our board, or were instrumental in establishing any program in our agency's history.

We are hoping to be in touch with as many of the founding members as possible, please send us your contact information. And, you are invited to a recognition ceremony after our All-staff meeting on March 20, 2015 at 12:15. To RSVP please contact Lindsay Bolstad lindsayb@cadamn.org or Renita Robinson renitar@cadamn.org.

CADA's Quarterly Donors

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

Corporate Financial Donors

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Alpha Sigma Tau, Gustavus Adolphus
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Beauford United Methodist Women
Belgrade Ave United Methodist Women
Bernadotte Lutheran Welca
Bethlehem Women of The Elca
Brush Creek United Charities
Cambria Presbyterian Church
Cambria United Way: Linda Deopere
Carpenters Local 464
Church Of St. Teresa
Faith Circle of Albion Lutheran Church
First Christian Church
First Lutheran WELCA
First Lutheran Women in Mission
Grace United Methodist Women
Hiniker Co.
Hosanna Lutheran Church
Joyce's Hair Care
Justice Studies Club
La Salle Women of The Elca
Lewisville Community Chest, Inc.
Loyola Catholic School
Lutheran Campus Ministry Crossroads
Mankato Solo Parents
Maple River Study Club
Morson Ario Vfw 9713 Aux
MSU Social Work Club
North Blue Earth Lutheran Church
North Waseca Women Elca
Olseth Family Foundation
Our Saviors Lutheran Church
Our Savior's Lutheran Church WELCA
Peace United Church of Christ
Rhapsody Music

Scheels
Sleepy Eye GFWC
South Blue Earth Lutheran Church
Sid's Signs
St. John's Elca Women
St. John's Episcopal Church
St. John's Lutheran Church Women
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United Fund of Judson Township
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Zion Women's Fellowship

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Darlene Tellijohn
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Wells Fargo Bank
Jody Wollmuth
Zion Lutheran Church Women Of Odin



Volunteers and Interns

Lauren Bach
Kinsey Fittzloff
Mikaela Gustafson
Lauren Kosmatka
Liz Kotewa
Trisha Maust
Sarah McDonald
Alyssa Mielke
Rae Rolloff
Ebony Sinkfield
Paula Skala
Ashley Stender
Joanna Strittmater

**Paper Free
in 2015**

**Please visit our
website**

www.cadaMN.org

**to sign up for
electronic copies
of our quarterly
newsletter**

P.O. Box 466
Mankato, MN 56002-0466
Phone: 507-625-8688
Fax: 507-625-9431
www.cadaMN.org

Executive Director

Renita Robinson

CADA Board of Directors

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Jill Baker
Don Ebel

CADA Wish List

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

- ◆ Deodorant
- ◆ Conditioner
- ◆ Chapstick
- ◆ Toothbrushes (adult & children)
- ◆ 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
- ◆ Trash cans
- ◆ Vacuum cleaners

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