



SEXUAL VIOLENCE

Sexual violence includes any type of unwanted sexual activity. It may be verbal, visual, or anything else that forces you to join in unwanted sexual contact or attention. Examples include incest, sexual harassment, voyeurism, exhibitionism, being raped or prostituted, or being a witness to such acts. We understand how devastating and shocking sexual violence is for victims and for those who care about them. When you seek our services you will meet with a fully trained, non-judgmental advocate who will listen to your concerns with confidentiality.

Specific services include:

24 HOUR CRISIS LINE—1.866.367.4297

Personal and Legal Advocacy—Our personal and legal advocates are not attorneys, but will provide one-on-one problem-solving assistance and support to victims of sexual assault. Examples of when you might benefit from the help of a trained advocate include needing:

- emotional support and someone to understand your abuse experience;
- to be accompanied to a forensic exam following abuse we will stay by your side throughout the exam if you choose;
- help dealing with law enforcement;
- information on the court process or someone to accompany you to a hearing; or
- assistance filing protective orders with the court.

Emergency Shelter—We may offer you a brief stay in a hotel/motel where you can be safe in the immediate aftermath of a sexual assault. We are also a part of Minnesota's **Day One Services**, a statewide network of domestic violence shelters and providers. For your safety we may try to place you in a shelter in another part of the state.

Information and Referral—Our staff is trained to provide information on a variety of topics related to sexual violence. We will also provide you with referrals to other agencies as needed.

Safe at Home—Victims who should not let their address be known can receive assistance in acquiring a safe address through Minnesota's Safe at Home program.

Support Groups—We offer support groups for women who have experienced sexual violence. They are facilitated by experienced leaders.

Community Education—Our staff members are available to speak to your group about a variety of topics including domestic violence, sexual assault, stalking, dating violence, elder abuse, bullying, and general information about the organization.

For more information or to talk to an advocate, contact:

Adult Program Coordinator

114 Main St., P.O. Box 294 | Hokah, MN 55941

507.894.2676 | 24-Hour Toll-free Crisis Line 1.866.367.4297



A GUIDE FOR FAMILY AND FRIENDS

A person you know and care about has been sexually assaulted. She is feeling terrified and helpless. These are perfectly rational responses to her experience. She needs time and support to work through her feelings.

Your friend/relative's reaction to being sexually assaulted is individual. Her pain and her needs are unique. Let your friend/relative take the lead in her own recovery. Right now, she needs to be in control of her actions. Don't force her in any way. Regardless of how sincere you are, if she feels that you are being pushy or coercive, you won't be helping her.

BELIEVE HER

Believe her experience without question. It is not her fault, do not blame her. Whatever the circumstances, she was not looking or asking to be assaulted. It is very common for the victim of a sexual assault to blame herself. Reassure her that 1) the blame for rape rests only with the assailant, and 2) she has no way of knowing what would have happened if she had acted differently.

RESPECT HER

Respect her fear. Assailants commonly threaten to kill or seriously harm the victim if she does not comply. Most women we have spoken to did not know whether they were going to live through the experience or not. This fear does not go away when the rapist does. This fear is real. Help her deal with it by finding ways to increase her safety.

ACCEPT HER

Accept her strong feelings. She has a right to any emotion. She has a right to be numb, sad, angry, in denial, terrified, depressed, agitated, withdrawn, etc. Being supportive is an attitude of acceptance of all her feelings. Tolerate her moods, be there for her.

LISTEN TO HER

Let her know you want to listen. It doesn't matter what you say, how you listen is what is important. Try to understand what she is going through. She survived! Give her credit. Let her talk, don't interrupt. Reassure her that she is not to blame. Avoid asking blaming questions such as "Why didn't you fight back?"

LET HER MAKE HER OWN DECISIONS

Do not pressure her into making decisions or doing things she is not ready to do. Help her explore all her options. It is essential to respect her confidentiality. Let her decide who knows about the sexual assault.

CARE

Care about her well-being and your own. In order to care about your friend, you may need to cope with some difficult emotions of your own. If you are experiencing rage, blame or changes in how you feel about your friend/relative, you can be most helpful by finding ways of coping with your own emotions.

Sexual assault is not provoked nor desired by the victim. Sexual assault is motivated by the assailant's need for power and control, and a desire to humiliate and degrade the victim. The Sexual Assault Program has advocates that can help people sort through their feelings and emotions. If you or your friend/relative would like assistance with this process, call us at 507.894.2676.



DOMESTIC VIOLENCE

Experiencing domestic violence turns your life upside down. We understand that sometimes bad things happen to good people. We aim to empower you to regain control of your life. When you seek services from us you will meet with a fully trained, non-judgmental advocate who will listen to your concerns with confidentiality.

Specific services include:

24-HOUR CRISIS LINE-1.866.367.4297

Emergency Shelter—We may offer you a brief stay in a hotel/motel where you can be safe in the immediate aftermath of domestic violence. We are also a part of Minnesota's Day One Services, a statewide network of domestic violence shelters and providers. For your safety we may try to place you in a shelter in another part of the state.

Safe at Home—Victims who should not let their address be known can receive assistance in acquiring a safe address through Minnesota's Safe at Home program.

Personal and Legal Advocacy— Our advocates are not attorneys but can provide one-on-one problem-solving assistance and support to victims who are experiencing problems because of their abuse. Examples of when you might benefit from the help of a trained personal advocate include needing:

- emotional support and someone to understand your abuse experience;
- to be accompanied to a forensic exam following abuse;
- help with community resources;
- help dealing with law enforcement;
- information on the court process or someone to accompany you to a hearing; or
- assistance filing protective orders with the court.

Support Groups—We offer a variety of support groups such as one for survivors of assault who have chemical dependency issues, a battered women's support group, and a sexual assault support group. Please speak to an advocate if you are interested in attending one or more of these groups.

Information and Referral— Our staff is trained to provide information on a variety of topics related to domestic violence and sexual assault. We will also provide you with referrals to other agencies as needed.

Community Education: Our staff members are available to speak to your group about a variety of topics including domestic violence, sexual assault, stalking, dating violence, elder abuse, bullying, and general information about the organization.

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DOMESTIC VIOLENCE

Domestic Violence is also known as battering, abuse, or assault. It involves the use of a variety of tactics by an offender to gain power and control over his victim. These tactics are presented in the Power and Control Wheel developed by the Domestic Abuse Intervention Project. The tactics that you may have experienced include:

USING INTIMIDATION: making you afraid by using looks, actions, gestures, destroying your property, abusing pets, displaying weapons.

USING EMOTIONAL ABUSE: putting you down, name calling, playing mind games, humiliating you, making you feel guilty.

USING ISOLATION: controlling what you do, who you see and who you talk to, what you read, and where you go; using jealousy to justify actions.

MINIMIZING, DENYING AND BLAMING: making light of the abuse and not taking your concerns seriously, shifting the responsibility for abusive behavior, saying the abuse didn't happen.

USING CHILDREN: making you feel guilty about the children, using visitation to harass you, threatening to take the children away.

USING PRIVILEGE: treating you like a servant, making all the big decisions, being the one who defines men's and women's roles.

USING ECONOMIC ABUSE: preventing you from getting or keeping a job, making you ask for money, not letting you know about or have access to family income.

USING COERCION AND THREATS: making and/or carrying out threats, threatening to commit suicide, making you drop criminal charges or protective orders.

Some of these behaviors such as having loud arguments, making you feel guilty, occasionally insulting you in public, threatening to leave and take the children, or having extramarital affairs do not in themselves add up to domestic violence. Some of these behaviors are found in many relationships. They may be unpleasant and emotionally abusive, but unless there is intimidation, coercion, threats, and/or physical force it may not be domestic violence.

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hope & healing

ABUSED CHILDREN'S PROGRAM

If your child has been abused physically, emotionally, sexually or has witnessed domestic violence, then we invite you to involve him/her in our abused children's program. Our programs are child centered and consider your child's special needs.

Support Groups—For children and teenagers we offer support groups throughout Houston County. In these groups your child will be given the opportunity to talk with others in his/her age group who may have similar experiences or feelings.

Child Advocacy—We have trained child advocates, or mentors. All of our child advocates are trained in the areas of abuse and the effects of witnessing domestic violence. When your child is feeling alone or confused, the advocate will be available to listen, share with, do fun activities, talk to and can provide options and clarifications to him/her.

Summer Day Camp—We offer a summer day camp to a limited number of children each year who are actively involved in our abused children's program. Activities that have been offered include a boat ride, horseback riding, and a ropes course. Your child can participate in one or many of these events. Parents are also invited to attend some events with their children.

Parent Support Groups—Within a group setting you will have the opportunity to resolve parenting and child-rearing problems, strengthen your family support network, increase your knowledge of child developmental stages and behaviors, and receive support for practicing positive disciplinary skills. You may also explore ways in which your own family of origin affects your parenting style and responses. One on one parenting support may also be available.

Community Education—Presentations are available for all community groups, organizations, and schools interested in learning more about the effects of abuse and/or witnessing domestic violence on children as well as bullying, dating violence, sexual harassment and assault, and healthy relationships. Each presentation is developed to meet the needs of the participating audience.

For more information or to talk to an advocate, contact:

Children's Program Coordinator

114 Main St., P.O. Box 294 | Hokah, MN 55941

507.894.2676 | 24 hour toll free crisis line 1.866.367.4297

SAFE VISITATION PROGRAM

Safety Assured Family Exchanges is a program designed for children and their divorced or separated parents who have a history of abuse or conflict in the course of child visitation. SAFE will be there for you when you need a safe, nurturing environment for your child(ren) during a visit or exchange.

GOALS OF SAFE:

- To increase the safety of your children and their non-abusing parent.
- To prevent your children from witnessing abuse.
- To mend the relationship between your children and the abusing parent.
- To break the cycle of abuse by providing positive interactions.

SAFE WILL PROVIDE YOU WITH a neutral location for picking up and dropping off your children for visitation or exchanges with staggered times to avoid conflict between parents. All visitations and exchanges are supervised by a trained provider who will uphold existing court orders.

SAFE will be helpful if your children's visitations are subject to any of the following:

- Visitation times become sources of conflict that are witnessed by your children.
- The non-custodial parent picks up your children while under the influence of drugs or alcohol.
- There is a pattern of inconsistency or irresponsibility in exercising or allowing visitation.
- There is an Order for Protection or Harassment Restraining Order.
- Your children are in foster care because of abuse.
- If there are concerns about a parent leaving the area with the children.
- A parent lives out of town and needs a comfortable atmosphere for visitation.

Referrals for SAFE are accepted from attorneys, social services, family courts, and court services. A copy of the court order is required before court ordered visits or exchanges can be scheduled.



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TRANSITIONAL HOUSING

At June Kjome Place (JKP) in Caledonia, Bluff Country Family Resources provides transitional housing to women and their children who are experiencing homelessness. If you are homeless, especially because of domestic violence, this program may be right for you.



To qualify for the JKP program, you must be without adequate housing and not have the financial means to obtain such shelter. You must be able to live independently with support services available and be able and willing to follow program rules and guidelines. You must not be in the midst of a mental health crisis or using alcohol or drugs.

JKP is a locked building. However, because the housing units are not set up as safe homes, if you have recently left an abusive relationship you must have worked with a domestic abuse advocate or professional to have stabilized the crisis prior to entering the program. This is to ensure your safety and the safety of other program participants.

If accepted into the program, you would stay at JKP for a period of 6 to 24 months. You would also need to participate in goal planning and coordination, as well as programs designed to help you remain in permanent housing after transitioning out of JKP.

If you are interested in applying for the JKP program, you must complete an application and be interviewed before a rental agreement will be signed. Priority is given to local women and children served by Bluff Country Family Resources.



For more information or to apply, contact:
Housing Coordinator

June Kjome Place | 608 East Park Street | Caledonia, MN 55921
507.725.2676 | 24 hour toll free crisis line 1.866.367.4297