

Mission Statement: The Mission of Crisis Connection Inc. is to work in partnership with communities to empower victims, survivors & persons affected by domestic & sexual violence through confidential crisis intervention, education and advocacy in Crawford, Dubois, Orange, Perry and Spencer Counties



All New! www.crisisconnectioninc.org

P.O. Box 903 Jasper, IN 47547 24-Hour Hotline 1-800-245-4580 cci@psci.net
Dubois County (812) 482-1555 Perry County (812) 547-8878 Spencer County (812) 649-2303

TOP 5 TIPS FOR ADULTS: HELPING GIRLS COPE WITH FEELING UNSAFE

1. Be proactive about asking how girls feel, even if they are reluctant to talk. Don't assume to know what they consider important and don't expect them to automatically share their concerns with parents or other adults.
2. Encourage working together to establish guidelines for responsible behavior. Do not judge, threaten, lecture, issue orders, or try to "teach girls a lesson" by withholding help.
3. Realize that a safe location is not enough. Trusted relationships, in which girls feel valued and supported, are what make girls feel emotionally safe.
4. Take emotional harm seriously. Typical environments, such as classrooms, sports fields, or group meetings often create situations that cause anxiety in girls. Hurtful teasing, gossiping, and name-calling should be addressed by both adults and girls together.
5. Make safety a shared goal—one that girls don't have to deal with alone. For example, adults involved in Girl Scouting, including STUDIO 2B_{SM}, need to partner with girls and encourage them to share their real-life concerns.

Adapted from Feeling Safe: What Girls Say, a study conducted by the Girl Scout Research Institute (GSRI), in conjunction with Harris Interactive, Inc.

SPECIAL SOMEONE

Each month we spotlight a member of the community who has demonstrated the willingness to go the extra mile in assisting victims of domestic & sexual violence. These outstanding individuals are not vying for public attention; they simply go quietly about their business of being compassionate and involved people who are making a difference in someone's life everyday.

Cathie Hammond, our Board President, is our **Special Someone** this month. We don't have enough space to write all the amazing things she does. Just a few of Cathie's contributions include: covering the hotline on holidays, raising funds, and constantly working to end domestic & sexual violence.

rape

*just because
she was afraid to
kick scream bite
fight cry scratch
doesn't mean
she wasn't*

raped

The holiday season is upon us. How are you doing? If you are doing well, congratulations - that's wonderful! If you are having some hard times, here's my top five recommendations for taking control of the season and getting through family gatherings and the entire season.

The first rule is, of course, to take care of you. Get enough sleep, eat well, remember to always take your medications, and follow doctor's advice about medications and alcohol. Do something special just for you, whether it's buying a new ornament for the tree to celebrate another year of your successful survival, or taking a walk with friends to look at holiday lights.

And remember, you are a survivor. Be proud of yourself. Give yourself credit. And look forward to the New Year with hope.

Top Five Suggestions for the Holidays

1. Take back the Holiday Season

If you think that other families and other people live 'Norman Rockwell' lives, that is incorrect.

Don't compare your insides with someone else's outside! Most people put on a pretty good front, no matter what's happening in their personal lives. Concentrate on making your own life better, with all the help that this site, advocates, and therapists can give. You can make the holidays better with some proactive work, creating your own traditions and taking care of yourself.

2. Learn about, and Practice, Emotional Detachment

The only true way to make bad things in your life smaller is to crowd them out with new, positive things. Start a new tradition. Invite friends over just to watch a TV movie with some popcorn. Go caroling with a group. And remember that other's control over you can be lessened with some work on your part; practice letting go, learn stock phrases to reply to potentially hurtful comments, and reducing the time spent with people who don't help you.

3. Plan for the Holidays

Brainstorm new ideas for having fun this season, whether it's scheduling a window shopping trip or trying a new recipe. Practice taking control of your time, think about volunteering, and remember, the holidays do come to an end.

4. Give Yourself a Gift of Healing

Read through my articles about healing and pick one or two to concentrate on this holiday season. You can begin to work through emotions like shame or guilt, buy a self-help book, or think about talking to a therapist in the New Year. Whatever you choose, take it slowly. Just the fact that you're thinking about it is a positive step.

5. Put Events into Perspective

This is a skill that it takes time to learn. The New Year is a good time to begin. If you've survived a horrible experience, the event can cast a long shadow, poisoning your chances of leading a good life. And you wish, with all of your might, that you could make the event go away, or at least make it smaller. I can't make it go away. But I can help you reduce the event to its proper size. It's related to detachment, and is a similar skill. It's called, 'keeping perspective.' Keeping perspective is much more than the advice you got from your grandmother to "count your blessings," but it reveals the truth in the adage. To put an event into perspective takes a deliberate mental exercise. The effort gets easier with practice; it gradually changes your outlook, and can end up having a positive effect on your whole life. An example will help. Recently, a friend of mine was fired from his job by a cruel and demeaning boss. Now, based on that piece of information, what can my friend conclude?

1. *He has lost his job.*
2. *He is unlucky by nature.*
3. *All people are mean and cruel.*
4. *His life is awful.*
5. *God hates him.*

If you were to ask my friend, he would answer, "all of the above." But you and I know that isn't true. If he has lost his job that proves that he has lost his job. It may be an unlucky event, but it "proves" nothing about his overall luck, whatever that may be. And losing his job does not give any evidence about options 3, 4 or

OK, that makes sense, right? You saw the answer clearly and it was pretty easy. But that's only because you are at least one step removed from my friend and his plight, and therefore can look at things objectively. Chances are, you have magnified some problem out of proportion in your own life, and maybe you're still doing it.

Examine an event or trauma in your life that still looms over you, and see if you can put it a little more into perspective. Don't mistake me for a minute -- there are horrible, tragic events like abuse that will loom over you for years, and I am not belittling the pain you feel. I am just wondering if it's possible for you to give it a little less power over your life.

Taking my friend's example again, write down all of the thoughts you have about your trauma. Doesn't matter how far-out or silly the thoughts are -- you're thinking them, so you've got to deal with them! Write them all down.

Sometimes the simple act of writing them all down will help you realize that one or two of the conclusions you are drawing as a result of your trauma just don't stand up to the light of day. Writing them down, and looking at them objectively in the cold light of day, makes a couple of them wither away. Then look at the others, and attack them with logic.

WHAT IS A RAVE?

<http://www.usdoj.gov/dea/ongoing/raves.html>

The rise of Ecstasy abuse paralleled the growth of the underground "rave" culture in Europe in the late 1980's. Raves began as gatherings of thousands and revolved around techno music. They originated in England and were traditionally held in large warehouses or open outdoor areas. These events then moved into established clubs and were identified by police as "Drug Taking Festivals." In the late 1980s, the rave scene migrated to the United States by way of promoters and entertainers. By the mid 1990's, there was an appreciable growth of the dance club scene that was widely popular with young persons. Concurrent with that social benchmark was the explosive growth of the Internet, and dance clubs became a popular item of discussion among youth in chat rooms. It was inevitable that the "rave" form of dance club began to flourish at that time along with the rise in the use of Ecstasy.

Raves, under any name, are a lucrative business. While many participants of raves are not interested in using drugs or taking part in any illegal activity, the rave scene also draws a significant criminal element. As a result, crimes such as pharmaceutical diversion, rape, property damage, and drug sales often occur at raves.

Raves are organized, promoted, and financed by local and national enterprises. Organizers employ bands, disk jockeys, or both. Advertising is via flyers, posters, telephone, radio, and the Internet, which entice the prospective participants. Because alcohol use is not popular, many events are advertised as "alcohol free," giving parents a false sense of security.

Raves feature hard, rapidly pounding music that is usually accompanied by psychedelic lights, videos, smoke, fog, fire, and sparks. A typical rave club layout often consists of a large dance area with no air conditioning, a separate "cool down room," and a VIP Room. They often are scheduled at unusual hours (e.g., 10:00 p.m. to 9:00 a.m.) to avoid local curfew restrictions. "After Hours Clubs" have opened to extend the rave experience. These clubs also advertise no alcohol and often remain open until noon.

Paraphernalia used at raves include: menthol nasal inhalers, Vicks Vapor Rub, eye drops, surgical masks, glow sticks (to enhance the visual effects of Ecstasy); Skittles, M&Ms, or similar candies (to hide the drug); lollipops and pacifiers (to prevent involuntary teeth clenching); water, juice, sports drinks, and soft drinks (sold at inflated prices and used to manage excessive body heat and dehydration) and drug testing kits.

MDMA (methylenedioxymethamphetamine or ecstasy) has become such an integral part of the rave circuit that there no longer appears to be an attempt to conceal its use. Rather, MDMA is sold and used openly at these parties. Traditional and non-traditional sources continue to report the flagrant and open drug use at "raves." Intelligence indicates that it has also become commonplace for security at these parties to ignore drug use and sales on the premises.

Some Hurts Can't Be
Fixed with a Band-aid



Stop the Hurt
Stop the Tears
Stop the ABUSE

Rohypnol, Ketamine, and GHB and its analogues GBL, and BD 1,4 have gained notoriety as drugs used to facilitate sexual assault, adding an urgency to law enforcement efforts to pursue traffickers of these drugs.

The Dangers of Predatory Drugs

- These drugs render the victim incapable of resisting sexual advances.
- Sexual Assaults facilitated by these drugs can be difficult to prosecute or even recognize because:
- Victims may not be aware that they ingested a drug at all. The drugs are invisible and odorless when dissolved in water. They are somewhat salty tasting, but are indiscernible when dissolved in beverages such as sodas, juice, liquor, or beer.
- Due to memory problems induced by these drugs, the victim may not be aware of the attack until 8-12 hours after it occurred.
- The drugs are metabolized quickly, so there may be little physical evidence to support the claim that the drugs were used to facilitate an assault.
- Memory impairment caused by the drugs also eliminates evidence about the attack.

Learn more about what you can do to protect yourself and those you care about from predatory drugs at www.911rape.org; www.clubdrugs.gov or http://www.drugstory.org/drug_info/otherdrugs.asp.



Crisis Connection

Crisis Connection & VUJC
Present
Carla Gaff-Clark, Ed.D, LMHC, CADAC II

Personality Disorder Training **FREE**

November 15, 2007
1:00 pm to 4:00 pm Eastern Time
VUJC Campus, New Classroom Building
Lecture Hall Room 138

Clients with personality disorders often have traits that cause them to feel and behave in socially distressing ways, which often limit their ability to function in relationships and at work. Depending on the disorder, their personalities are generally described in more-negative terms: dramatic, clingy, antisocial or obsessive. As many as 15 percent of U.S. adults have one or more personality disorders.

Because these traits cause distress for clients, this can make it difficult for those assisting them, we will look at thought, feeling and behavior patterns associated with personality disorders. We will also look at how this affects the life of these individuals; and do a number of hands-on activities. This will help us with activities we can do to assist victims who are struggling and not normally able to utilize the assistance we are offering, due to their various issues.

This training will be a three-hour session with a workbook, handouts, charts, and screening ideas. Additionally, this interactive session will include a short lecture session, a video, group work, practice activities, and time to process how we interact with these victims and the dance we do with them.

Training certified by the Indiana Professionals Bureau, three CEU's free of charge.

To register for this training please contact Angela Leisman at Crisis Connection Inc. at 482-1555 or Sheri Reeves at VUJC at 481-5930. Please register before November 8th. Seating is Limited.

