

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.

www.crisisconnectioninc.org

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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.

This month we honor Lori Daniels, Memorial Hospital & Health Care Center SANE (sexual assault nurse examiner). Lori spearheaded the effort to have SANEs available anytime day or night for sexual assault victims seeking services through the Memorial ER. Lori's determination, skill and compassion have been instrumental in establishing the regional sexual assault response team (SART). We are proud to work in partnership with Lori, she is indeed someone special.

"When you get in a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn."

—Harriet Beecher Stowe (1811-1896); writer, abolitionist

There is a crash course on the most popular communication tools used by youth today. It offers guidance and advice to help parents monitor their teen's activities on these devices. Check it out at:

<http://www.theantidrug.com/teens-technology/index.asp>

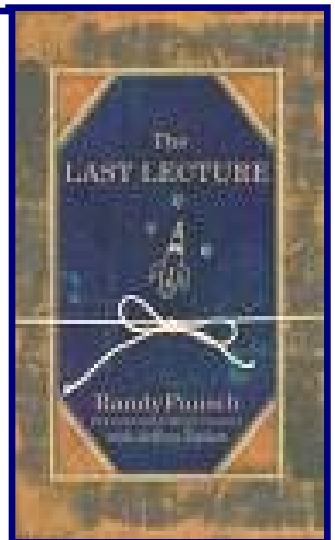


THE LAST LECTURE

Our agency has obtained the book, "The Last Lecture" and the accompanying 30-minute Classroom edition DVD.

This true story is about Carnegie Mellon professor Randy Pausch who was asked to deliver the 'Last Lecture' - a series designed by the university to examine the final lessons a selected speaker would impart when facing their own mortality. For Pausch, who had recently received a terminal pancreatic cancer diagnosis, the topic was anything but hypothetical. The inspirational lecture he delivered, titled 'Really Achieving Your Childhood Dreams', became an instant sensation and resonated with people around the globe. He lost his cancer battle on 7/25/2008; however, his legacy lives through 'The Last Lecture'.

Contact our Community Education Team to arrange for a presentation.



RACHEL'S CHALLENGE

Rachel Scott was the first person killed at Columbine High School on April 20, 1999. Her acts of kindness and compassion coupled with the contents of her six diaries have become the foundation for one of the most life-changing school programs in America. See powerful videos and learn more at the website in memory of her:

www.rachelschallenge.com. Or contact Joan Knies for more information.

Her challenge:

- Eliminate prejudice by looking for the best in others.
- Dare to dream. Set goals. Keep a journal.
- Choose your influences – input determines output.
- Kind words + Acts of kindness = Huge Impact
- Start a Chain Reaction with your family & friends.

"I have this theory that if one person can go out of their way to show compassion then it will start a chain reaction of the same." - Rachel Scott

**YOU JUST
MAY START
A CHAIN
REACTION
RACHEL**



CONFLICT RESOLUTION AND ANGER MANAGEMENT

Joan Knies recently attended a workshop at the Southern Indiana Career and Technical Center in Evansville entitled, "Conflict Resolution and Anger Management". The workshop was hosted by the Indiana Youth Institute.

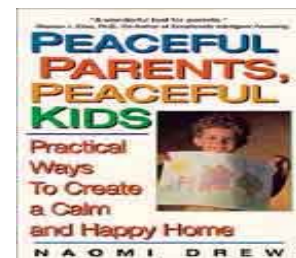
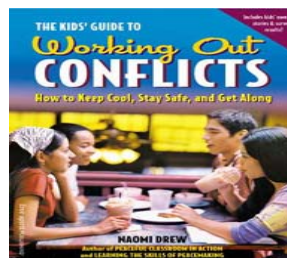
Bullying among children is not just physical abuse, but also psychological and emotional, according to Naomi Drew, who facilitated the workshop. Drew, who is an author and independent trainer, is recognized around the world as an expert on conflict resolution, peacemaking and parenting.

"[Cruelty] is truly happening in epidemic proportions, even in children as young as pre-school ... trying to control one another," Drew said, referring to young kids holding friendship against others if they don't do what is asked. "It really starts with our belief in them and us letting them know and telling them you know they have the courage to resist fighting and to be successful," Drew said.

During the workshop, participants were given concrete ideas for what to say and do to help youth to understand how to deal with these issues in a calm manner. The participants were given tools on how to help adults with power and control issues as well.

Knies said, "The information received will be added to the extensive curriculum resources our agency uses. Knowing that relational aggression can have long-term impact, we're privileged to do an awful lot of prevention work with area schools and faith communities. The resources provided in the workshop will make wonderful additions to the presentations."

Learn more at:
www.learningpeace.com



THE FENCE

*There was a little boy with a bad temper.
His father gave him a bag of nails and told him that every time he lost his temper,
to hammer a nail in the back fence.
The first day the boy had driven 37 nails into the fence.
Then it gradually dwindled down.
He discovered it was easier to hold his temper
than to drive those nails into the fence.
Finally the day came when the boy didn't lose his temper at all.
He told his father about it and the father suggested that the boy now
pull out one nail for each day that he was able to hold his temper.
The days passed and the young boy was finally
able to tell his father that all the nails were gone.
The father took his son by the hand and led him to the fence.
He said, "You have done well, my son, but look at the holes in the fence.
The fence will never be the same.
When you say things in anger, they leave a scar just like this one.
You can put a knife in a man and draw it out.
It won't matter how many times you say I'm sorry, the wound is still there.
A verbal wound is as bad as a physical one."
~ Author Unknown ~*



**LISTEN &
SILENT
ARE
SPELLED
WITH THE
SAME
LETTERS!**



JOURNALS...DIARIES....

Check out:

<http://www.crisisconnectioninc.org/teens/journaling.htm>

***We at the Crisis Connection highly recommend that you keep a journal.
Keeping a journal can cultivate personal growth in many facets of your life.***

"Among the advantages most frequently mentioned (for keeping a diary) are:

A healthful release for feelings and tensions...a place to advise yourself, clarify goals, and make decisions...a way to nourish yourself with friendship and self acceptance...a non-threatening place to work out relationships with others and to develop your capacity for intimacy...a path to self-awareness and self-knowledge...a place to rehearse future behavior...a technique for focusing your energies on what is immediately important...a way to organize and expand your time...a place to find creative solutions to problems...a memory aid...a means of achieving self-identity...a way to enjoy and profit from solitude...a guide to finding clarity in the midst of crisis or change...a device for discovering your path and taking responsibility for the direction of your life...a means of accelerating or concluding psychotherapy...

A place to develop skills of self-expression...a method for turning negative mental habits into positive energy...a way to gain perspective on your emotions and to resolve the past...a means of keeping in touch with the continuity and rhythms of your life...a place to record meaningful insights...a way to preserve family and personal history...a quiet place to relax and refresh yourself...a device for freeing your intuition and imagination...

A way to learn to trust life...a means of experiencing the essential humanness that links all people...a tool for recording and understanding dreams...a way to become your own guide and guru...a place to celebrate the process of living...a path to spiritual peace...a workbook for creative writing and drawing...a safe place to take intellectual and creative risks...a source book for future projects...a means of discovering joy within the context of your life."

**FROM: "THE NEW DIARY" BY TRISTINE RAINER
HOW TO USE A JOURNAL FOR SELF-GUIDANCE AND EXPANDED CREATIVITY**



Crisis Connection

2008 Statistical Report

Domestic Violence (DV) clients	699
DV children	526
DV crisis calls taken	1,660
DV face-to-face meetings	719
DV crisis counseling contacts	846
DV information/referral calls	3,382
DV personal advocacy contacts	3,368
DV criminal justice contacts	1,197
DV emergency transports	21
CPS reports made by staff	20
DV womens' group attendees	66
DV emergency housing	172 nights 13 women 27 children
Men's Batterers' Intervention Program participants	22
Sexual Assault (SA) clients	269
SA crisis calls	1,032
SA face-to-face meetings	511
SA crisis counseling contacts	403
SA information/referral	2,052
SA personal advocacy contacts	2,050
SA criminal justice contacts	770
SA emergency transports	13
CPS reports made by staff	8
Presentations given by staff	385
Attendance @ presentations	14,797

SECOND STEP ADDED!

Bullying can leave permanent scars on the confidence and self-esteem of a child. It also takes a toll in the form of absences, behavior problems, parent complaints, and classroom disruptions. People are likely to feel unsafe in an environment where bullying is tolerated. Too often, bullying also leads to relational aggression and battering in adulthood. Therefore, we are committed to assisting in taking a community-wide approach to ending violence. Thanks to a grant from the Perry County Community Foundation, we were able to purchase 'The Second Step' program to assist us in doing so.

The 'Second Step' program received the 'Exemplary Award' from the U.S. Department of Education's 2001 Expert Panel on Safe, Disciplined and Drug-Free Schools. The U.S. Department of Health and Human Services' Substance Abuse & Mental Health Services Administration (SAMHSA) named it as a Model Program in their National Registry of Evidence-Based Programs and Practices (NREPP). This violence prevention program integrates academics with social and emotional learning. Kids from preschool through Grade 8 learn and practice vital social skills, such as empathy, emotion management, problem solving, and cooperation. These essential life skills help students in the classroom, on the playground, and at home. There are also units for family members and educators.

We will integrate the program into our current teaching materials with the intent of improvement in school climate, heightened feelings of inclusiveness and respect, and an increase in the sense of confidence and responsibility.

SAFE DATES CURRICULUM ADDED!

We have obtained a research-based curriculum, *Safe Dates*. It helps youth recognize the difference between healthy, caring, and supportive relationships, and controlling, manipulative, and abusive dating relationships.

Safe Dates gets young people thinking about:

- how they want to be treated by a dating partner
- how they want to treat a girlfriend or boyfriend
- what abusive dating relationships look like
- why dating abuse happens and its causes and consequences
- how to tell if they are in an abusive relationship
- what to do about feelings of anger and jealousy
- how to help a friend who might be in an abusive relationship

Safe Dates, proven to be effective with both boys and girls, addresses perpetrators of violence as well as victims. It works as both a prevention and intervention tool, with case studies and activities that are relevant for teens who have not started dating as well as those who have been "going out" for a long time. This will be integrated with our curriculum primary prevention tools.



A Kaleidoscope of Possibilities...