

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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Dubois County 812.482.1555 Perry County 812.547.8878 Spencer County 812.649.2303



ODE TO BEAUTIFUL WOMEN:

*For attractive lips , speak words of kindness...
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry
For beautiful hair, let a child run his/her fingers
through it once a day.
For poise, walk with the knowledge
that you never walk alone...*

*People, even more than things, have to be restored,
renewed revived, reclaimed, and redeemed.*

*Remember, if you ever need a helping hand,
you will find one at the end of each of your arms.
As you grow older,
you will discover that you have two hands;
one for helping yourself and the other for helping others.*



NEW BOOKS IN THE CRISIS CONNECTION LIBRARY:

"The Girls" by Amy Goldman Koss

This book deals with the relational aggression teenage girls deal with excluding friends from cliques. Each chapter is written from the perspective of another girl.

"The Boy In The Basement" by Susan Shaw

For Charlie, the cold, dark basement is home. Father has kept him locked in there...Charlie must find a way to survive in his new world. He has escaped his past, but his journey has just begun.

"Don't You Dare Read This, Mrs. Dunphrey"

by Margaret Peterson Haddix

Everyone has to keep a journal in Mrs. Dunphrey's English class, but the teacher has promised she won't read any entry marked, 'Do Not Read This.' But as Tish's life spins out of control...

"Odd Girl Speaks Out" by Rachel Simmons

Girls write about bullies, cliques, popularity, and jealousy.

SPECIAL SOMEONES Southridge Middle School

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 recognize **SOUTHRIDGE MIDDLE SCHOOL.** They organized a service project where they collected over 600 items from our Wish List & donated them to our agency – food, toiletries, paper products, etc. Thank you to the students, faculty, administration and parents for your generosity.*

WOULDA-COULD-A-SHOULDA

By: Shel Silverstein

*All the Woulda-Coulda-Shouldas
Layin' in the sun,
Talkin' 'bout the things
They woulda coulda shoulda
done...*

*But those Woulda-Coulda-Shouldas
All ran away and hid
From one little Did.*





METHAMPHETAMINE IN THE STATE OF INDIANA

www.MediaCampaign.org

www.TheAntiDrug.com

www.streetdrugs.org

www.AbovethelInfluence.com

www.justthinktwice.com

Adults in the State of Indiana are using methamphetamine (meth) at troubling rates. While strict laws have led to a decline in meth lab incidents and positive workplace drug tests, meth is still finding its way into Indiana.. Rates of use have remained static over the past four years for all age groups, and treatment admissions have been growing steadily.

Meth Use Trends

- ⌚ Young adults in Indiana are using meth at a rate that exceeds the national estimate. Data from 2002 through 2005 indicate that nearly 2 percent (1.95%) of residents between the ages of 18 and 25 reported past year meth abuse, compared to 1.6 percent nationwide.¹
- ⌚ Meth prevalence rates in Indiana across all ages slightly exceed the national estimate. Data from 2002 through 2005 show that 0.68 percent of Indiana residents 12 and older reported past year meth abuse, compared with 0.6 percent nationwide.²
- ⌚ The number of meth lab incidents in Indiana reported to the Drug Enforcement Administration has fluctuated over the past five years, peaking at 915 in 2005 before dropping to 737 in 2006.³
- ⌚ Meth-related treatment admissions more than tripled in Indiana from 757 in 2001 to 2,311 in 2005 before decreasing slightly to 2,031 in 2006.⁴
- ⌚ The number of children affected by meth in Indiana rose from 66 in 2001 to 195 in 2003.⁵

¹ National Survey on Drug Use and Health, SAMHSA, State Estimates of Past Year Methamphetamine Use, 2002-2005. URL: <http://oas.samhsa.gov/2k6/stateMeth/stateMeth.htm>

² Ibid.

³ DEA, SMARTS Federal-Wide Drug Seizure System. URL: <http://www.usdoj.gov/dea/pubs/states/Indiana.html>

⁴ Treatment Episode Data Set, SAMHSA, Indiana State Estimates, 2001. URL: <http://www.dasis.samhsa.gov/webt/quicklink/IN01.htm>; Treatment Episode Data Set, SAMHSA, Indiana State Estimates, 2005. URL: <http://www.dasis.samhsa.gov/webt/quicklink/IN05.htm>; Treatment Episode Data Set, SAMHSA, Indiana State Estimates, 2006. URL: <http://www.dasis.samhsa.gov/webt/quicklink/IN06.htm>

⁵ Indiana Department of Public Safety, 2005 Annual Crime Report, pg. 73. URL: <http://www.dps.state.ia.us/commis/ucr/2005/ia05analy.pdf>



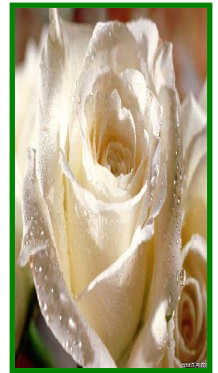
OUR BOARD MEMBERS:

**Cathie Hammond, Katie Pappano
Mary Roberson,
Shanthi Thake, Cheryl Hillenburg,
Mary Armstrong, Dot Kessner, Gloria Rahman**



THE ACE STUDY

The **A**dverse **C**hildhood **E**xperiences Study demonstrates the relationship between childhood trauma such as sexual violence. Kaiser Permanente surveyed 17,421 primarily white, middle-aged, middle-class male and female adults. Over one-third of the adults surveyed had experienced two or more adverse childhood traumas. A significant number – 28 percent of the women survey and 16 percent of the men – experienced sexual abuse as a child. As a result of childhood trauma, people frequently adopt coping behaviors that often translated into public health problems. They include overeating, smoking, and alcohol/drug abuse. For more information on the ACE Study, visit www.cestudy.org



NATURAL HELPERS

Pictured above are the Heritage Hills Natural Helpers that attended a retreat in October. Perry Central High School also had a retreat in March. These retreats were facilitated by the Crisis Connection Community Education Department.

Natural Helpers is a peer-based helping program designed to strengthen students' communication by providing support and service to others. Natural Helpers is based on a simple premise: students naturally seek out other trustworthy students, and occasionally adults, for advice, assistance, or just a sympathetic ear.

Students complete a survey of the top concerns they have (achievement, stress, substance abuse, bullying, etc.) and then list two students and two school adults they would go to if they had a problem. Those surveys are tabulated with students and teachers being chosen to attend the retreat. The retreat is designed to engage students in team building and problem solving skills, while breaking down barriers within the diverse group. Ongoing programming attempts to address top concerns expressed.

A large component of the program is 'The Helping Skill' *see box to right. The premise of taking care of themselves and using community resources is highly emphasized. To learn more, check out our website (www.crisisconnectioninc.org, Teen Pages) or contact Joan Knies or Natalie Bolin.

Feedback from on student at the retreat, *"I learned many things I could do to help myself and others who are having problems. I learned about places and sites I can go to get help."*

Through the Eyes of a Child

Did I do something wrong to make you lose control? Anger so strong or do you even know? That when you come home I want to run and hide. The pain is so deep that I keep it inside. I'm not the same because of you. Always afraid of what you'll do. If only you could see yourself through my eyes. You'd know why (I'm dying inside). Sometimes I need a firm, but gentle hand. Someone who cares and understands that I am still learning; But I just can't take this abuse, from you. There is no excuse. I'm not the same because of you, always afraid of what you'll do. If only you could see yourself through my eyes You'd know why (I'm dying inside) This is no way to live. If you try to change, I'll try to forgive.

From CHANCE
Changing How Adults Nurture Children's Egos
<http://www.acadv.org/children.html>

HELPING SKILL

1. **State Your Concern.**
2. **Identify The True Problem.**
3. **Explore Alternatives.**
4. **Predict Consequences.**
5. **Find Out What Action The Person Is Going To Take.**
6. **Express Support**

**Follow the Code of Ethics, Limits & Confidentiality Agreement.*



IMPACT OF VIOLENCE IS LASTING AND SEVERE...

Several new studies shed light on the effects of domestic and sexual violence. They find that being a victim of child abuse results in higher health care costs for women decades later, children of mothers experiencing violence are twice as likely to end up in emergency rooms as other children, and physical abuse during pregnancy can increase the chances of preterm delivery.

Years Later, Health Costs Higher

Middle-aged women who suffered physical or sexual abuse as children spend up to one-third more on health care than women who were not abused, a new study finds. Decades after the abuse, these women use health services at significantly higher rates than women who did not experience abuse when they were children.

In comparison with non-abused women, health costs are 36 percent higher for women who suffered both physical and sexual abuse, 22 percent higher for women who suffered only physical abuse, and 16 percent higher for women who suffered only sexual abuse.

“What’s remarkable is that women with an average age in their late 40s still suffer consequences from abuse that occurred decades ago,” the study’s leader, Amy Bonomi, an Associate Professor of Human Development and Family Science at Ohio State University, told *Science Daily*. “This study provides the strongest evidence to date about the impact of abuse well into adulthood.”

It examines data from 3,333 women over an average of 7.5 years, taking into account their age and education which also can affect women’s use of health services. The women belong to Group Health, a health care system in the Pacific Northwest.

“The reasons why some adults have high levels of ambulatory and emergency service use should be explored by health care providers, and the possibility of past child abuse and or current intimate partner violence explored,” the study concludes. “Interventions have been successful in improving mental health and abating symptoms and should be offered.”

“Health Care Utilization and Costs Associated with Childhood Abuse” is in the March issue of the *Journal of General Internal Medicine*.

Children At-Risk

Children whose mothers experience severe abuse from an intimate partner are more than twice as likely as other children to end up in the emergency room. This increased risk may continue for three years after the mothers’ abuse has ended.

“It appears that even when the abuse ends, children’s health and health care use may continue to be affected,” the study’s lead investigator, Dr. Megan H. Bair-Merritt of the Johns Hopkins School of Medicine, told *Reuters Health*. “That has implications for how we think about designing screening and interventions for abused women and their children.”

“Health Care Use of Children Whose Female Caregivers Have Intimate Partner Violence Histories” looks at data from the National Survey of Child and Adolescent Well-Being on more than 2,500 children whose families were reported to Child Protective Services in 1999 and 2000. The mothers were asked if they had been abused at the study’s outset, and researchers followed up after 18 and 36 months.

Researchers did not examine why the children were brought to emergency rooms – for injuries, preventative care, or other reasons. Bair-Merritt told *Reuters Health* that she and her colleagues plan to further investigate.

The study is in the February issue of *Archives of Pediatrics and Archives of Adolescent Medicine*, and can be found at <http://archpedi.ama-assn.org/cgi/content/full/162>