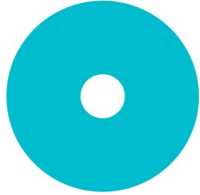




# NEBRASKA COALITION

TO END SEXUAL AND DOMESTIC VIOLENCE



**NO MORE**  
TOGETHER WE CAN END  
DOMESTIC VIOLENCE & SEXUAL ASSAULT

## NO MORE in Nebraska Newsletter

1st Quarter 2016  
Editor: Michelle Zinke

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Nebraska Coalition to End  
Sexual and Domestic  
Violence

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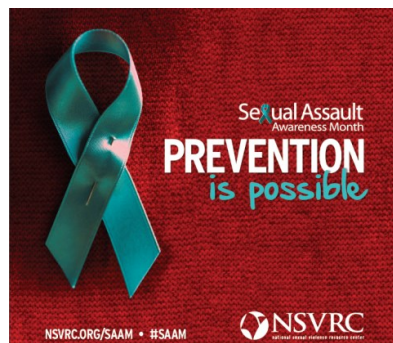
## Prevention Is Possible

Domestic and sexual violence programs focus on two primary aspects of addressing violence in their communities: intervention and prevention. Intervention includes the hotline, individual advocacy and support, medical advocacy, shelter, etc. – services that support victims and survivors after the violence has occurred. Prevention efforts target stopping the violence before it occurs. Typically, this includes a focus on social norms that perpetuate and promote violence, engaging community leaders of all ages (including youth leaders), and increasing bystander involvement before an assault occurs.

Prevention is Possible. That's the theme for the 2016 Sexual Assault Awareness Month (SAAM). The National Sexual Violence Resource Center (NSVRC) creates campaign materials each year that are distributed and implemented on the local level. This year the materials will focus on the building blocks of prevention by communicating how individuals, communities, and the private sector can take action to promote safety, respect, and equality.

The majority of local domestic and sexual violence programs in Nebraska have staff dedicated to prevention and community education. Activities vary by program, but prevention activities include community presentations; working with elementary, middle and high schools, working with colleges and universities, and partnering with community groups.

Want to know more? Contact your local domestic and sexual violence program and ask about events being planned for Sexual Assault Awareness Month. Of course, prevention activities occur year round, so on-going opportunities exist to support both intervention and prevention work in your community.



Don't know the domestic and sexual violence program in your area? Visit [www.nebraskacoalition.org](http://www.nebraskacoalition.org) for more information. Additional resources include the National Sexual Violence Resource Center ([www.nsvrc.org](http://www.nsvrc.org)) and PreventConnect ([www.preventconnect.org](http://www.preventconnect.org)).

Source: [www.nsvrc.org/saam/2016-campaign](http://www.nsvrc.org/saam/2016-campaign)



## Using Awareness Months to Enhance Prevention-Focused Efforts Year Round

*by Rachel West, Prevention Coordinator*

To many people, the New Year brings with it new resolutions, initiatives, and ideas. For others, the New Year simply symbolizes a reset, where we brace ourselves and get ready to do “it” all over again. The beauty of a new year is that it is entirely up to you on how you approach “it.” Will you apply a fresh idea to an old project, or will what has worked for you in the past continue to help you meet your goals in 2016?

Many of you know that January is National Stalking Awareness Month (NSAM), February is National Teen Dating Violence Awareness Month (NTDVAM), April is National Sexual Assault Awareness Month (SAAM), and October is Domestic Violence Awareness Month (DVAM). These can be some of the busiest months of the year for Preventionists and Community Educators in local programs. While you may feel rushed during these busy months, take time to pause and think about where you would like to focus your time and energy and what you would like to see bloom from your efforts. Will you apply a fresh idea to raising awareness among your community in 2016? Will you repeat something successful (or perhaps not quite successful) from last year? How can you use these commemorative months to move beyond building general awareness and enhance your prevention-focused efforts year round?

Raising awareness about sexual and domestic violence lays the groundwork for actually preventing sexual and domestic violence. The first step in working with communities to prevent sexual and domestic violence is simply helping community members recognize it as a problem, and that it is a problem within *their own* community. However, if we truly want to prevent sexual and domestic violence, we cannot stop there. We must encourage community members to see that we *can* end sexual and domestic violence. Change *is* possible and they are an important part of that change.

Realistically, this groundwork will take longer than one month and there is still more work to do to move from building general awareness to prevention-focused efforts beyond that. Ideally, Preventionists and Community Educators would continue to serve as a resource to communities as they take a closer look at sexual and domestic violence in their areas and begin planning what steps they would like to take to end it. Communities will most likely need continued information and support as they implement and evaluate their efforts thereon.

Obviously, prevention-focused efforts require a higher level of commitment. They require more time (and energy) than any one awareness month can provide. However, if it is truly time and energy that we cannot commit, is that not even more reason to be strategic when planning our efforts throughout awareness months? I encourage you to take a pause, think strategically, and take advantage of these commemorative months to enhance your prevention-focused efforts year round. And remember, should something not quite work out as hoped, there is always next year!

Visit [www.nebraskacoalition.org](http://www.nebraskacoalition.org) for more information on NSAM, NTDVAM, SAAM, and DVAM.

## From Awareness to Prevention

# HELP! WE ARE STUCK IN AWARENESS MODE.

Stuck in a rut? Raising awareness about sexual and domestic violence lays the groundwork for preventing sexual and domestic violence, but we cannot stop there. Here are a few ideas to help you break past "awareness mode" and begin implementing prevention-focused efforts in your community.

OUR PREVENTIONIST OR COMMUNITY EDUCATOR ALREADY RACES FROM ONE PRESENTATION TO THE NEXT AND IS JUST TOO BUSY TO WORK WITH GROUPS ON AN ONGOING BASIS.

Most advocates have the knowledge to provide basic training on sexual and domestic violence. Could these advocates help provide basic training and/or staff booths during busy awareness months or throughout the year? This would allow the Preventionist more time to focus on prevention-focused strategies. If other staff is uncomfortable providing basic training, think about staff training on public speaking. Look for these skills when hiring future staff.

WE SIMPLY RECEIVE TOO MANY REQUESTS FOR GENERAL INFORMATION TO TAKE OUR EFFORTS TO THE NEXT LEVEL.

Sometimes it is okay to say "no." It is natural to want to educate everyone in your community about sexual and domestic violence, but is it realistic and does it match your goals? If your goal is to educate your entire community, is there a way to do so without devoting a massive amount of time and energy on an ongoing basis? Could you focus on educating community members who can then educate others? If your goal is to prevent sexual and domestic violence, then perhaps you can scale back on your community-wide educational efforts and focus on key community partners or groups that are at higher risk for sexual and domestic violence.

## From Awareness to Prevention continued

### HELP! WE ARE STUCK IN AWARENESS MODE.

WE CANNOT DEVOTE THE TIME AND ENERGY THAT PREVENTION-FOCUSED STRATEGIES REQUIRE ON AN ONGOING BASIS.

Love or hate general awareness building, there will always be a need for some level of these efforts in at least one of the communities you are working with at any given time. However, you do not want to be stuck in awareness building mode at the cost of more progressive change. Not only will that leave you frustrated by the never-ending barrage of informational booths and flyers, but it may also make your community feel disempowered and leave them asking “so what?” Help your community members recognize sexual and domestic violence as a problem in their community and empower them to step up and take action to prevent it.

NOBODY CALLS OUR PROGRAM FOR EDUCATION OR TRAINING.

Taking a more prevention-focused approach to your work is a shift. It will initially require more time, effort, and resources, not only from your organization but from other community partners as well. Sexual and domestic violence is a community issue that requires community action. Everyone at the table will be working with you to end violence within your community. Share the resources and responsibility equally. If the community is mobilized to end sexual and domestic violence, then in time you will be able to bow out of the day-to-day work and let the community own the process. In the meantime, use some of the ideas above to free up staff resources and time to commit to more prevention-focused strategies.

I WILL SCREAM IF I HAVE TO STAFF ONE MORE INFORMATIONAL BOOTH, DRAFT ONE MORE PROCLAMATION, OR HANG ONE MORE FLYER.

Most likely, the community is aware of your program and the crisis services it provides, but do they know that your program also provides education and training? Are these services included in your outreach material and on your website? Are you posting about them on social media? Some programs have had success by sending letters to schools and organizations, introducing themselves and their educational services. Advertise, advertise, advertise!



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## Self-Care for Sustainability and Impact

*Editor's Note: The following article is reprinted from Move to End Violence, a program of the NoVo Foundation.  
Source: <http://www.movetoendviolence.org/resources/self-care-for-sustainability-and-impact/>.  
The article was originally posted October 2, 2015 .*

To achieve lasting social change, we need a transformative movement that is driven by powerful, resilient, creative, and impactful individuals. Unfortunately, our movement can feel – at times – far away from this thriving, vibrant ideal. During our stakeholder research we heard repeatedly and consistently about the damaging drain on personal resources and unsustainable burnout rates within the movement to end violence against girls and women.

To become the most powerful movement possible, a practice of self-care for sustainability and impact is a core practice of Move to End Violence. This practice is incorporated into our convenings, shared with Movement Maker organizations via workshops and bring-home practices, and offered to the field-at-large via online tools and resources.

### Why the Movement Needs Self-Care

Every time we board a plane, flight attendants tell us we must put on our own oxygen mask before attending to anyone around us who might require assistance. We know that we cannot reliably take care of someone else if we haven't taken care of ourselves first.

### ***Self-care is key to making a bigger impact.***

The same applies in this work. While individuals may be able to sustain themselves for a while without focusing on self-care, our work to end violence will span decades. To stay in this for the long haul, stay open to possibilities, cultivate our creativity and have the greatest impact, we need to take care of our most essential resource: ourselves.

### How We Approach Self-Care

We are working toward a world free from violence, and that must begin with ourselves. We are often complicit in allowing circumstances to deplete our own power and impact, which doesn't serve us, our loved ones, or our mission.

At Move to End Violence, we work on letting go of the guilt or fear of being perceived as selfish or uncommitted that self-care can often evoke. Instead, we engage in self-care for sustainability and impact on a *daily* basis. It is not sustainable to exhaust ourselves in between holidays and sporadic vacations. We cultivate intentional practices that interrupt the habits that sabotage our self-care.

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Read more about how those involved with Move to End Violence practice self-care for sustainability and impact. Additional articles are available on the website, <http://www.movetoendviolence.org/resources/self-care-for-sustainability-and-impact/>.

Articles include:

- Self Care: Taking Care of Others by Taking Care of Yourself
- Normalizing Rest
- Self Care: So Difficult at Times, Yet So Important

## What's New at the Programs

### The Bridge Receives Award

The Bridge in Fremont was recently selected to receive the 2015 William J. Sommers Humanitarian Award. This award is given by the Dodge County American Red Cross. The award was presented to Suzanne Smith, Executive Director of The Bridge. The Bridge is the domestic and sexual violence program based in Fremont and serves the counties of Dodge, Burt, Washington, Cuming and Saunders.

Congratulations to the dedicate staff and volunteers of The Bridge!

Source: The Bridge Newsletter, Issue 1, January 2016.

## Funding Spotlight: Victims of Crime Act (VOCA)

The VOCA Fund was created by Congress in 1984 to provide federal support to state and local programs that assist victims of crime. The VOCA Fund is derived entirely from fines and penalties paid by offenders at the federal level, *not taxpayer revenue*, and is largely distributed to the states through a formula grant. The state money funds both crime victim compensation funds and victim assistance grants.

More than 4,400 local agencies from all 56 states and territories depend on VOCA assistance grants to serve over 3.8 million crime victims each year. VOCA assistance grants provide funding for crisis intervention, counseling, transportation, services for elder victims and victims with disabilities, volunteer coordinators, translation services, needs assessments, and other support services that help victims deal with the trauma and aftermath of a crime.

The Nebraska Crime Commission (NCC) serves as the State Administering agency for VOCA funds. The NCC is tasked to distribute grant funds through a competitive process to organizations that provide services such as crisis intervention, emergency shelter and transportation, counseling, and criminal justice advocacy to victims of crime. In addition, the NCC provides technical assistance and oversight of all VOCA funded programs. The Nebraska Coalition works closely with the Nebraska Crime Commission to provide technical assistance and capacity building activities to assist VOCA funded programs.

Funding through the Victims of Crime Act (VOCA) was increased for the current funding cycle. VOCA is a core funding source for most local domestic and sexual violence programs, as well as numerous other organizations working to serve victims of crime. Due to the increase in funding, many programs were able to add staff positions to better meet the needs of victims of domestic and sexual violence. VOCA significantly helps meet the needs of crime victims. However, it should be noted that this increase in funds was particularly important due to cuts in other sources of funding. Most local programs still struggle with lack of staff to meet the need in their communities. Funding from federal, state and local grants, as well as community support, is vital for sustainability of local programs.

## What's New at the Coalition?

### Coalition Welcomes New Staff

The Coalition staff is growing! Three new positions have been created, and the Coalition is excited to welcome new staff.

**Celina Olivo** is the new Bilingual Legal Advocate. She began with the Coalition on December 15. Prior to joining the Coalition Celina was a Program Specialist with the transitional housing program at Heartland Family Service in Omaha. Before that position she was an advocate with Heartland Family Service's Domestic Abuse Program. She will be working closely with Carly on the immigrant relief project. Spanish is Celina's first language, and she has assisted with compiling documents for the immigrant relief process in the past. Celina is currently pursuing her Bachelor's degree, studying social work and human services.

**Sara Houston** has been hired as the VOCA Project Attorney. She began on January 11. Prior to joining the Coalition Sara was an Associate Attorney at Engles, Ketcham, Olson and Keith, PC, in Omaha. Her focus areas included insurance defense, mal-practice and personal injury. Sara also is a visiting professor to Illiria College/United States Embassy in Kosovo. Sara is certified as a Critical Care Paramedic, and has served as an EMS Instructor through Creighton University in Omaha. In addition to her Juris Doctorate degree, Sara has a Bachelor's Degree in Fine Arts – Lighting Design, and has worked on theatre projects throughout her career.

**Stephanie Huddle** is the new Public Policy Coordinator. She began on January 6. Stephanie has a Master's Degree in Forensic Science from Nebraska Wesleyan University with an emphasis on behavioral science. She has a Bachelor's Degree in Criminal Justice with a minor in psychology. Prior to joining the Coalition Stephanie was the Prison Rape Elimination Act Coordinator at the Nebraska Department of Corrections. She is also an Adjunct Professor at University of Nebraska - Omaha. Stephanie has been involved as an active committee member in the State Coordinated Response Team as well as previously being involved in other overlapping projects with the Coalition.

### Coalition Welcomes New Board Members

The Coalition would also like to welcome two new Board members, Jennifer Kirkpatrick and Annie Walworth. Jennifer is employed with the Nebraska Department of Motor Vehicles as a Project Manager. She has a history of working in positions that support victim's issues through the Administrative Office of Courts and Probation as well as the Nebraska Crime Commission. Jennifer also has been active with Junior League.

Annie brings a wealth of marketing knowledge to the Board. She is an Accounts Manager at Sojern Marketing, and has experience in public relations, marketing and event planning. Annie has been involved in non-profits such as the Special Olympics and Prevent Child Abuse America.

The Coalition would also like to thank Jim Blue, who is leaving the Board after a year of service, and Christon MacTaggart who is leaving the Board after seven years. Additionally, Christon has served in a variety of capacities, including Board Chair. We are grateful for the time and talent that these Board members have dedicated to the Coalition.



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Sexual and Domestic Violence  
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Community  
Services Fund  
of Nebraska

The Coalition is a proud member agency of the  
Community Services Fund. Learn more at:  
[www.communityservicesfund.org](http://www.communityservicesfund.org)

#### Coalition Board of Directors

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Suellen Koepke, Broken Bow  
Annie Walworth, Omaha

## Mark Your Calendar

### March 2016

- 1-3 Fundamentals of Advocacy Part I, Lincoln, Nebraska Coalition, 402-476-6256
- 16 Webinar: Overview of Sexual Violence, YOUR DESK, Nebraska Coalition, 402-476-6256
- 17 Economic Advocacy and Financial Empowerment, Lincoln, Nebraska Coalition, 402-476-6256
- 22-24 International Conference on Sexual Assault, Domestic Violence and Engaging Men and Boys, Washington, DC, EVAWI, [jessica@evawintl.org](mailto:jessica@evawintl.org)
- 29-31 Fundamentals of Advocacy Part II, Lincoln, Nebraska Coalition, 402-476-6256
- 31-April 1 Nebraska Crime Victim's Rights Conference, Omaha, NE Coalition for Crime Victims Rights, 800-944-6282

### April 2016

- 4-6 Crimes Against Women Conference, Dallas, Genesis Outreach, [info@conferencecaw.org](mailto:info@conferencecaw.org)
- 5 Legal Advocacy: Protection Orders (Grand Island), NE Coalition, 402-476-6256
- 13-15 Speaking of Children Conference, Omaha, Project Harmony, 402-595-1326
- 20 Webinar: Providing Meaningful Services to Underserved Populations, YOUR DESK, Nebraska Coalition, 402-476-6256 (\*Guest Speakers - Asian Pacific Islander Institute on Gender Based Violence)
- 27-28 Directors Days, Columbus, Nebraska Coalition, 402-476-6256

### May 2016

- 3 Domestic Violence Council (DVC) Annual Conference, Omaha, DVC, 402-210-2195
- 5 Program Day: Working with Survivors with Mental Health and Chemical Dependency Considerations, Norfolk, Nebraska Coalition, 402-476-6256
- 17 Working with Law Enforcement, Grand Island, Nebraska Coalition, 402-476-6256
- 18 Webinar: Legislative Updates, YOUR DESK, Nebraska Coalition, 402-476-6256
- 26 Intervention and Prevention on College Campuses, Lincoln, Nebraska Coalition, 402-476-6256