



# APOC Newsletter

Abused Persons Outreach Center, Inc.  
www.apocnd.org

160 2<sup>nd</sup> St NW, Valley City ND 58072  
24-Hour Crisis Line: 701-845-0072

April 2021

**BECAUSE OF YOUR SUPPORT 172 individuals were served in 2020**  
141 minor children were living in the home & directly impacted



#### Direct Services Provided to Victims

- 480 advocacy services
- 311 counseling support / therapy hours
- 263 crisis intervention / crisis response
- 258 service identification & assistance
- 219 crisis line calls
- 149 protection / restraining order assistive services
- 127 victims received emergency financial assistance
- 71 relocation assistance
- 66 complementary services
- 27 victims were provided emergency safe shelter (81 shelter nights)
- 27 victims were provided transportation

## April is Sexual Assault Awareness Month

**What is sexual violence?** From the Center for Disease Control & Prevention/CDC

Sexual violence refers to sexual activity when consent is not obtained or not freely given. It impacts every community and affects people of all genders, sexual orientations, and ages. Anyone can experience sexual violence, but most victims are female.

Sexual violence affects millions of people each year in the United States. The official numbers are likely an underestimate because many cases go unreported. Victims may be ashamed, embarrassed, or afraid to tell the police, friends, or family about the violence.

More than **1 in 3** women experienced sexual violence involving physical contact during her lifetime.



Nearly 1 in 5 women have experienced completed or attempted rape during her lifetime.

1 in 3 female rape victims experienced it for the first time between 11-17 years old.

1 in 8 female rape victims reported that it occurred before age 10.

Nearly **1 in 4** men experienced sexual violence involving physical contact during his lifetime.



Nearly 1 in 38 men have experienced completed or attempted rape during his lifetime.

About 1 in 4 male rape victims experienced it for the first time between 11-17 years old.

About 1 in 4 male rape victims reported it occurred before age 10.

## Child Sexual Abuse Center for Disease Control & Prevention

When sexual violence involves a victim less than 18 years old, it is child sexual abuse. Child sexual abuse refers to the involvement of child in sexual activity that he/she:

- does not fully comprehend
- does not consent to or is unable to give informed consent to, or
- is not developmentally prepared for and cannot give consent to

Experiencing child sexual abuse is an adverse childhood experience (ACE) that can affect how a person thinks, acts, and feels over a lifetime, resulting in short- and long-term physical and mental/emotional health consequences.



## Sex Trafficking

Sexual violence also includes sex trafficking which is a type of human trafficking and is a form of modern day slavery. It involves the use of force, fraud, or coercion to make an adult engage in commercial sex acts.

- Victims include people of all races, ethnicities, sexual orientations, gender identities, countries of origin, and income levels.
- Victims are trapped and controlled through assault, threats, false promises, perceived sense of protection, isolation, shaming, and debt.
- Victims do not have to be physically transported between locations to be victimized.

If you or someone you know is being trafficked, contact the National Human Trafficking Resource Center 1-888-373-7888 (TTY: 711) Text 233733 [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org) or APOC 701-845-0072 [www.apocnd.org](http://www.apocnd.org)

## Prevention is Possible Center for Disease Control & Prevention

Sexual violence impacts health in many ways and can lead to short and long-term physical and mental health problems. Changing social norms, teaching skills, empowering girls and women, and creating protective environments can help reduce sexual violence. We all have a role to play in prevention.

### **Everyone can:**

- Promote social norms that protect against violence.
  - Speak up against sexist language or behaviors that promote violence.
  - Offer to help or support in situations where violence may occur or has occurred
- Support Survivors to Lessen Harms.
  - Know where and how to get help.
    - Victim-centered services like APOC provide a safe, healing environment where survivors can access resources and victim advocacy.
    - Evidence-based treatments, like *Trauma-focused Cognitive Behavioral Therapy (TF-CBT)*, can help victims address the negative effects of sexual violence, such as depression, anxiety, and post-traumatic stress disorder (PTSD).
    - Treatment for children who may have been exposed to violence in the home or community and are at-risk for violence perpetration or other serious behavioral problems is available.
  - If you are or someone you know is a survivor of sexual violence contact the Rape, Abuse, and Incest National Network (RAINN) hotline at 1-800-656-HOPE or APOC 701-845-0072. Help is free, confidential, and available 24/7

## Child Abuse Awareness Month Prevent Child Abuse North Dakota (PCAND) [www.pcand.org](http://www.pcand.org)

The PCAND's goal of 0% child abuse is reachable, and these four solutions are doable now:



A **personal commitment** involves putting the well-being of all children at the forefront of every decision. Individuals have a powerful capacity to mentor, support, and advocate for children in life-giving ways. At the same time, private decisions – in work, social, or personal life – can have unintended consequences that are damaging to children’s well-being. Setting our personal intention on prevention can increase our capacity to support children and their families in tangible ways.

Any community can be a **caring community** – from neighborhoods, to schools, to families and other groups. Caring communities reduce family isolation, which is a major factor in childhood abuse and neglect. They reach out with compassion to stressed families and children, decreasing the negative effects of stress and helping neighbors connect to crucial support services.

## Caught in the Middle

*What to do when your abuser tries to turn your children against you*

[www.domesticshelters.org](http://www.domesticshelters.org)

Abuse is multifaceted. An abuser will use whatever tactics he or she can to hurt you physically, emotionally, psychologically, sexually. Sometimes what hurts the most is a form of emotional and psychological abuse: when an abuser turns your own children against you.



Unfortunately, it is not an uncommon practice. And it’s not always easily recognizable. The practice can range from subtle messages to active brainwashing. Strategies include: belittling one parent or making derogatory comments about one parent’s race, sex, body type, etc.; telling a child he or she doesn’t have to listen to the other parent; forcing a child to reject one parent in favor of the other; and negative talk about one parent’s extended family.

Many times, children believe the abuser, or at least go along with what’s being said out of self-preservation.

“Some children will actually befriend the parent that’s causing the physical hurt in hopes that by being nice, maybe they won’t get as mad,” says Brian F. Martin, founder and CEO of the Childhood Domestic Violence Association. “I’ve heard of young people waking up early in the morning or staying up late to cook for their parents in hopes that by doing something nice, the violence won’t happen tonight.”

### Helping Kids Understand Manipulation

When abusers manipulate children to create division, the most important thing to do is refrain from blaming or resenting the child. It is never the child’s fault. What may be even harder but just as important is to refrain from blaming or badmouthing the other parent to your child.

“This is a viciously confusing time for children,” Martin says. “No matter what, deep down they still love both parents. But loving the abuser doesn’t mean they agree with what they are doing. Don’t put children in the position where they have to choose or question whether their love is correct.”

What you should do is keep the lines of communication open. “Use the opportunity to explain what it is they’re experiencing,” Martin says. “For this, there isn’t really a script. Just try saying, I know what you’re hearing, and let’s have an honest conversation about that.”

Of course, not all children will understand what’s going on right away. “All I can say is don’t take it personally,” he says. “Be patient. Children will come to the truth in time.”

Need more help on how to talk to kids about violence at home? Read [www.domesticshelters.org](http://www.domesticshelters.org) “[Explaining Violence to Kids.](#)”

## Monetary Donations – Thank you!

Cash donations provide flexibility to meet each individual's unique needs. Thank you to all who chose to remain anonymous!

Ross & Caron Berg  
JoAnne Moeller  
Sharon McCarriar  
Bernadette Botner  
Rick & Marsha Anderson  
Genevieve Goven  
Dennis & Kathy Laumb  
Christine Marshall  
Big Dog Construction  
Patta Stroh  
Kellie & Dean Bjornson  
Robert & Inez Eggert  
Mark & Andrea Winter  
Network for Good  
Epworth United Methodist Women VC  
Bonnie Benson  
Christy Fliflet  
Dick Nelson Sales & Leasing Inc  
Pete & Karen Richman  
Bethel Lutheran WELCA Rogers  
ND Caring Foundation  
Waldheim WELCA Kathryn  
VC Business Professional Women  
Bruce & Carol Schmidt  
AmVets Auxiliary POST 3  
Willis Weber AmVets Auxiliary POST 3  
Arllys Netland  
Retired Teachers Association VC  
ARC Thrift-E-Shop & Employees  
Kenneth & Debra Dosch

Faith Lutheran WELCA VC  
Garrett & Linda Hoff  
North Valley Appraisal  
Jamestown Board of Realtors  
Susan McCarthy  
C&P Designs  
Marlene Skjeret  
Our Saviors Lutheran Sunday School  
Weimer Homemakers Club  
Dacotah Bank  
D&M Farm  
Diantha Scherr  
St Paul Lutheran WELCA Tower City  
St Paul Lutheran WELCA Nome  
BCBSND Caring Foundation  
Trinity Lutheran Church Endowment  
Trinity Lutheran WELCA VC  
David & Heide Beierle  
Michelle Grebel  
VC Eagles Auxiliary  
Brenda Laub  
Pat Nielson  
Nancy King  
Catholic Daughters VC  
Presbyterian Church Cooperstown  
Wildflower & Co Limited  
Roberg & Faye Bubach  
JoAnne Moeller  
Loves Travel

BEK Communications  
Cass County Electric  
VC Public Works Employees  
Sheyenne Valley Community Foundation  
MDU Foundation  
Otto Bremer Trust  
In Memory of Jake Riedman  
- *Anonymous*  
- *Connor Wright*  
- *Jon & Kasey Skalicky*  
- *Deb Beck*  
In Memory of Lowell McCarthy  
- *Anonymous*  
In Honor of Arlene Rasmussen  
- *Lois Brandvold*  
In Memory of Maurice Pederson  
- *JoAnn Pederson*  
In Memory of Anne Krapu  
- *Anonymous*  
In Memory of Linda Baker  
- *Carol & Bruce Schmidt*  
In Memory of Norma Jeanne Kohler  
- *Carol & Bruce Schmidt*  
In Memory of Ernie Seeman  
- *Carol & Bruce Schmidt*  
In Memory of Steve Hogen  
- *Carol & Bruce Schmidt*  
In Memory of Clayton Velure  
- *Carol & Bruce Schmidt*  
- *Jon & Kasey Skalicky*

Thank you Joseph & Kandice Plagens for the donation of vehicles! What a difference they have made for families!

### DONATION FORM

Your donation will help us continue our work to end intimate partner violence and sexual assault. Your donation is tax deductible.

I wish to remain anonymous

**Donor Information:** Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

**If you would like this donation to be in memoriam of someone, please complete the form below. A card of recognition will be sent to the individual/s you list and provide addresses for below:**

In Memory of (name): \_\_\_\_\_

From (your name): \_\_\_\_\_

Please send a card to (name): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please make checks payable to: APOC, 160 2<sup>nd</sup> St NW, Valley City, ND 58072

Thank you for your support!

