



# 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

October 2020

## The Iceberg of Domestic Violence

NCADV.org

One of the most dangerous and insidious truths about domestic violence is it's easy to ignore if it's not visible. Like an iceberg, there's a lot more than what is visible about the surface, and that's true for individuals, communities, and cultures.

In this depiction lists outward acts that society doesn't accept, where survivors are supported and the offenders are held accountable. Ask yourself: WHY don't we do the same with acts found below the water's surface?

For help or more information contact APOC 701-845-0072 or [www.apocnd.org](http://www.apocnd.org)



## Joking About Domestic Violence Isn't Funny SafeHaven

According to statistics, for every 12 women sitting at a restaurant on a Saturday night, 3 have been or will be abused by someone who professed to care about them.

Her partner replaces respect with fear and blames her for the resulting injuries. He degrades her and makes her believe something is wrong with her. His threats paralyze her and as he repeats this pattern, it gives him complete power over her. Victims feels ashamed and embarrassed which only strengthens his grip on her life.



Every time we joke about domestic violence, we add to those feelings of shame and embarrassment. We empower abusers by discouraging victims.

The hurdles victims face when leaving an abusive relationship are already immense. As a society let's do everything we can to remove obstacles, not add to them. Especially not for something as cheap as a laugh.

## Why Do People Abuse?

National Domestic Violence Hotline

Domestic violence and abuse stem from a desire to gain and maintain power and control over an intimate partner. Abusive people believe they have the right to control and restrict their partners, and they may enjoy the feeling that exerting power gives them. They often believe that their own feelings and needs should be the priority in their relationships, so they use abusive tactics to dismantle equality and make their partners feel less valuable and deserving of respect in the relationship.

**No matter why it happens, abuse is not okay and it's never justified.**

Abuse is a learned behavior. Sometimes people see it in their own families. Other times they learn it from friends or popular culture. However, abuse is a choice, and it's not one that anyone has to make. Many people who experience or witness abuse growing up decide not to use those negative and hurtful ways of behaving in their own relationships. While outside forces such as drug or alcohol addiction can sometimes escalate abuse, it's most important to recognize that these issues do not cause abuse.

## Who Can Be in an Abusive Relationship?

Anyone can be abusive and anyone can be the victim of abuse. It happens regardless of gender, age, sexual orientation, race or economic background. If you are being abused by your partner, you may feel confused, afraid, angry and/or trapped. All of these emotions are normal responses to abuse.

You might also blame yourself for what is happening. But, no matter what others might say, you are never responsible for your partner's abusive actions. Being abusive is a choice. It's a strategic behavior the abusive person uses to create their desired power dynamic. Regardless of the circumstances of the relationship or the pasts of either partner, *no one ever deserves to be abused.*



OCTOBER IS

domestic violence  
awareness month

## Impact of COVID

APOC has continued to operate throughout the pandemic, with slight changes to the way services are delivered.

To support the health and safety of our clients, our staff and their families, in-Center visits are limited to clients, victims and survivors to reduce unnecessary in-person contact.

When comparing the first 8 months of 2019 to 2020, there has been a 20% increase in the number of victims who have received services at APOC.

We've all been impacted by COVID, however those living in domestic violence experience different challenges.

This pandemic has made many of us feel a loss of control, but when an abuser feels powerless, it puts their victim at risk. It is critical that we maintain vital support services and increase awareness of and access to them.



If you think you know someone who is being abused, check in with them regularly. Let them know where resources are available. If you witness abuse, call 911, report to law enforcement and/or social services, create a distraction, recruit someone to help you intervene – please don't look the other way. If you'd like to support the services APOC provides, monetary donations allow for flexibility in meeting clients individual needs and are always appreciated.

For more information: [www.apocnd.org](http://www.apocnd.org) – 24-Hour Crisis Line 701-845-0072

**Clients, Victims, Survivors  
in the Center only please!**

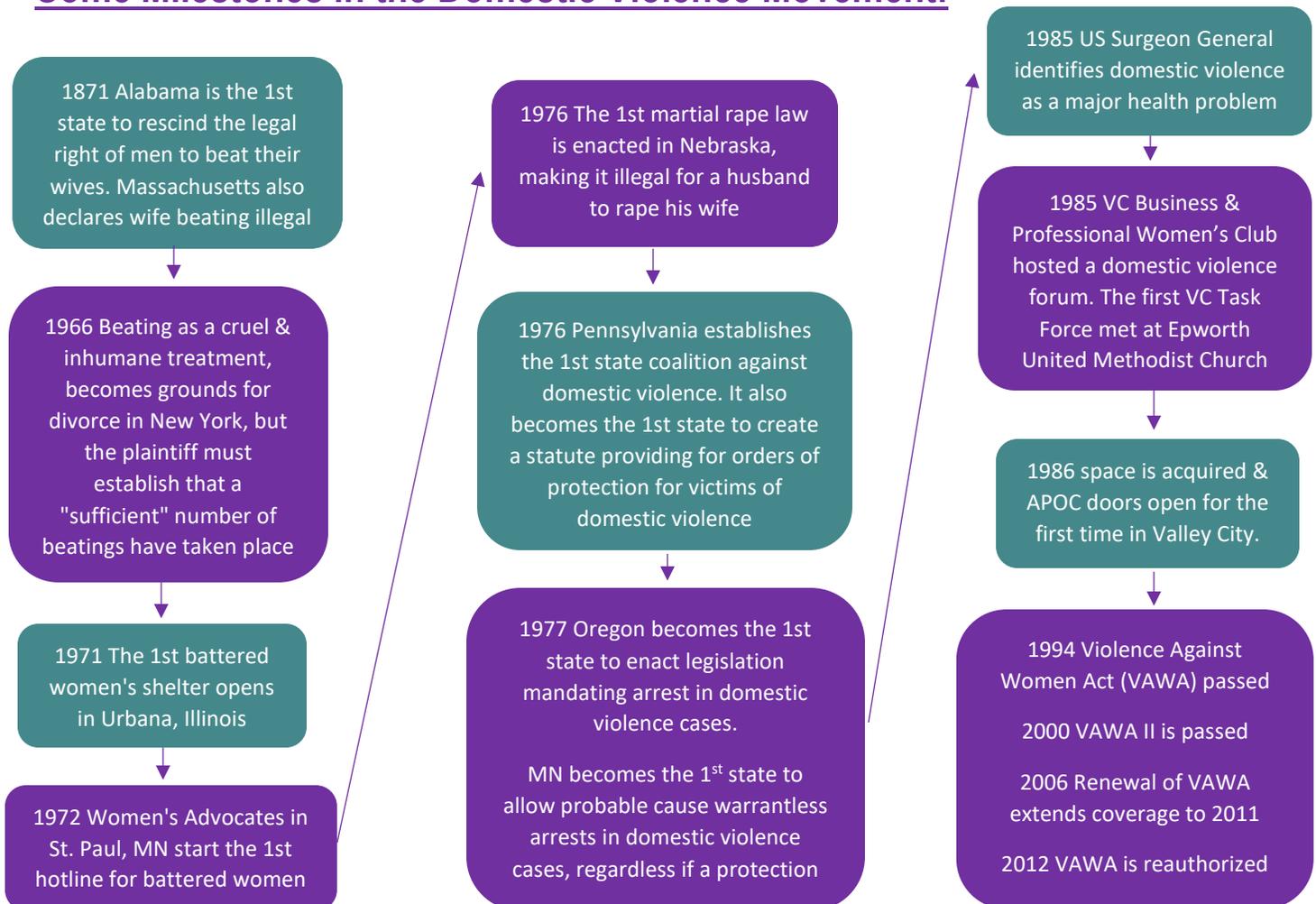
## What Happens When the Abusive Relationship Ends?

Domestic violence does not always end when the victim escapes the abuser, tries to terminate the relationship, and/or seeks help. Often, it intensifies because the abuser feels a loss of control over the victim. Abusers frequently continue to stalk, harass, threaten, and try to control the victim after the victim escapes. In fact, the victim is often in the most danger directly following the escape of the relationship or when they seek help: 1/5 of homicide victims with restraining orders are murdered within two days of obtaining the order; 1/3 are murdered within the first month.

Unfair blame is frequently put upon the victim of abuse because of assumptions that victims choose to stay in abusive relationships. The truth is, bringing an end to abuse is not a matter of the victim choosing to leave; it is a matter of the victim being able to safely *escape* their abuser, the abuser choosing to stop the abuse, or others (e.g., law enforcement, courts) holding the abuser accountable for the abuse they inflict.

**For anonymous, confidential help available 24/7, call APOC at 701-845-0072 or the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) now.**

## Some Milestones in the Domestic Violence Movement:



## Monetary Donations – Thank you!

Cash donations provide flexibility to meet each individual's unique needs.

Ross & Caron Berg  
Rev. JoAnne Moeller  
Perry & Brenda Laub  
Gary & Laurel Thompson  
James & Carol Knuston  
Dave & Becki Andersen  
Marietta Behm  
Maurice & JoAnn Pederson  
Sandra Fliflet  
Melody Peterson  
Madeline Luke  
Barb Schaan  
Steve & Vicki Ross  
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Christine Marshall  
Susan McCarthy  
Peter & Karen Richman  
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Daniel Becker  
James & Sharon Buhr  
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Bruce & Carol Schmidt  
Pastor Mark Haines  
James & Debbie Lochow

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Linda Westby  
Angie Martin  
Stephanie Morse  
Rebecca Kratz  
Kristin Petersen  
Muriel Hintz  
Dennis Nathan  
Bethel Lutheran WELCA Rogers  
Catholic Daughters of America VC  
Epworth United Methodist Church VC  
Beta Sigma Phi Alpha Phi Chapter VC  
Marion Lutheran Church  
Sisters of Mary of the Presentation  
Trinity Lutheran WELCA VC  
Sheyenne Valley Community Foundation  
SVCF COVID Relief  
Valley City Eagles Club  
BEK Communications  
MDU Foundation  
Cass County Electric Coop Foundation  
In Memory of Shaina Neurauter  
Odermann  
- *APOC Board & Staff*  
In Memory of Ardyce Dietrich  
- *Karen Richman*

In Memory of Jake Riedman  
- *Anonymous*  
- *Connor Wright*  
- *Jon & Kasey Skalicky*  
- *Katie Wright*  
- *Joe Ukestad*  
- *Deb Beck*  
In Memory of Janet Wicks  
- *Dwight & Robbin Kiefert*  
In Memory of Sadie & Molly  
- *Brothers III, Ben Kjelland*  
In Memory of Gary Kiefert  
- *APOC Board & Staff*  
- *Anonymous*  
In Memory of Eileen Marsh  
- *Mary Creviston*  
In Memory of Deb Bixby  
- *Anonymous*  
In Memory of Bart Fischer  
- *Anonymous*  
In Memory of Maurice Pederson  
- *APOC Staff*  
In Memory of Anne Krapu  
- *Madeline Luke*  
- *Anonymous*  
Thank you to the donors who chose to remain anonymous

### 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: \_\_\_\_\_

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

**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  
mail to: 160 2<sup>nd</sup> St NW, Valley City, ND 58072

Thank you for your support!

