



Purple Ribbon News

Empowering victims to live violence free.

Winter Greetings

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Happy New Year to everyone. The 2009 year came and went very quickly. I hope everyone enjoyed their Holiday Season.

Everyday is a new day, a time for change and a time for growth. As this being the time that one night you will go to bed and wake up the next morning, not only as a new day but a new year, what have you decided to do? Have you made a New Year's resolution? Was it to lose weight, eat healthy, exercise, help several people in your community or make it through the day?

The Domestic Abuse program is always here providing several opportunities for people in the commu-

nity. You can make the choice to lend a helping hand, either to those in crisis or to receive help for yourself. Every one deserves to live a violence free life.



A house full of love and caring...Our door is always open.

Services provided by The Domestic Abuse Program:

- Domestic Abuse Advocacy
- Sexual Assault Advocacy
- Supervised Visitation
- Women/Men's Violence Intervention Groups
- Referrals/Information
- Transportation
- Crisis Counseling
- 24 Hour Crisis Line
- Women's Shelter
- Orders of Protection
- Criminal Justice Support

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National Stalking Awareness Month

National Stalking Awareness Month is during January. Stalking is a crime and needs to be taken seriously, 1 in 12 twelve women and 1 in 45 men will be stalked in their lifetimes. 1.4 million people are stalked every year in the United States.

Here are a few websites with valuable information on stalking:

- <http://stalkingawarenessmonth.org>
- <http://www.nvcv.org>
- <http://www.sexualharassmentsupport.org>
- <http://www.cyberangels.org>
- <http://www.stalkingvictims.com>
- <http://www.womenslaw.org>

Stalking

What is Stalking? Stalking is a term used to describe unwanted attention from another person.

Types of Stalkers based on Motivations and Context:

The Rejected: As a result of relationship dissolution (i.e. estrangement, disruptions, break-ups) from an ex-partner (but inclusive of a parent, friend, or work associate) this type of stalker can be observed desiring a mixture of reconciliation and revenge. This individual often experiences feelings of loss, frustration, anger, jealousy, malevolence, and depression.

The Intimacy Seeker: These stalkers pursue an intimate relationship with an individual perceived as their true love, but their attentions are not wanted by the object of their affection. The types of stalkers who fall into this category often have a delusional disorder (i.e. erotomania). Those who represent "intimacy seekers" may suffer from other disorders (i.e. schizophrenia, mania) or hold morbid infatuations.

The Incompetent: These intellectually limited and socially incompetent individuals desire intimacy, but the object of their affection does not reciprocate these feelings. They often lack sufficient skills in courting rituals. They may also display a sense of entitlement: believing they deserve a partner, but lack the ability or desire to engage in subdued, preliminary interpersonal relations. Another aspect of these stalkers is that they may have had previous stalking victims. Unlike the intimacy seekers, those in the incompetent category do not view the victim as having unique qualities and are not infatuated with the victim, they are only attracted, and do not assert that the affection is mutual.

The Resentful: The goal of this stalker is to frighten and distress the victim. These stalkers may also experience feelings of injustice and desire revenge.

The Predatory: The power and control that comes from stalking a victim gives these stalkers a great deal of enjoyment. The stalker often strives to learn more about the victim. The stalker may even mentally rehearse a plan to attack the victim. Most of these stalkers are diagnosed paraphilias and, compared to the previous four categories, they were more likely to have histories of sexual offense convictions.

Are you being Stalked? There are several signs that are good indicators of stalking behavior. It is also important to consider the intensity of such behaviors. Always report to police!!!!!!!!

1. Persistent phone calls despite being told not to contact in any form.
2. Waiting at workplace or in neighborhood.
3. Threats.
4. Manipulative behavior (for example: threatening to commit suicide in order to get a response to such an "emergency" in the form of contact).
5. Sending written messages: letters, emails, graffiti...
6. Sending gifts from the seemingly "romantic" (flowers and/or candy) to the bizarre (dog teeth, a bed pan, a blood soaked feather).
7. Defamation: The stalker often lies to others about the victim (claims of infidelity, for example).
8. "Objectification": The stalker derogates the victim, reducing him/her to an object -- this allows the stalker the ability to feel angry with the victim without experiencing empathy.

Effects on Victims of Stalking:

Depression, anxiety, loss of self-esteem, shame, hopelessness, and vulnerability. Disruptions in daily life to escape the stalker include- changes in employment, residence, phone numbers, and isolation.

All information received from: <http://www.stalkingbehavior.com/>

If you or someone you know is being stalked contact your local authorities, Domestic Abuse Program- 265-6743, 24 Hour Crisis Line- 265-2222 or 1-800-FYI- CALL.



Changes Within The Domestic Abuse Program

As you all know, from the 3rd quarter News Letter, Jaime Quinnell became the new Victim/Witness Advocate for the Domestic Abuse Program.

Our Program Director, Margaret Hencz, has taken the position as Havre City Judge. Brittany Vander-sloot is our new Domestic Abuse Program Director. Brittany has also remained the Child Advocate for the time being.

Naomi Cataudella has left the program and I, Dana Kjersem, have taken over her position as Coordinator of Volunteer Services.

I am very honored to be working with such a wonderful group of people and working for an amazing program.

I started my position at the end of November and thanks to Naomi's training, I am in full swing.

If you have any questions/concerns please feel free to contact us at anytime. Our phone number is 265-6743 and our extensions are: Brittany 138, Jamie 141 and Dana 139.



March is Listening Awareness Month

Theory of Communication:

Expressing our wants, feelings, thoughts and opinions clearly and effectively is only half of the communication process needed for interpersonal effectiveness. The other half is listening and understanding what others communicate to us. When a person decides to communicate with another person, he/she does so to fulfill a need. The person wants something, feels discomfort, and/or has feelings or thoughts about something. In deciding to communicate, the person selects the method or code which he/she believes will effectively deliver the message to the other person. The code used to send the message can be either verbal or nonverbal. When the other person receives the coded message, they go through the process of decoding or interpreting it into understanding and meaning. Effective communication exists between two people when the receiver interprets and understands the sender's message in the same way the sender intended it.

Listening Tips

<http://www.drnadig.com/listening.htm>

Paraphrase– Verbalize your understanding of the message

Reflect Back– Facts, beliefs, wants, needs, hopes, expectations.....

Look for feelings or intent beyond the words

Don't Answer Immediately– they may not want an answer, they may be trying to express themselves

If you don't understand what they are saying, tell them you don't understand

Use eye contact

Use appropriate body language– Face the speaker, nod head, and refrain from crossing arms

Be empathic and nonjudgmental– you be accepting and respectful to their feelings and beliefs without invalidating yours

Crisis Line Volunteers



On December 17th we held a Volunteer Appreciation Dinner for all of our Crisis Line Volunteers. I am truly amazed at the hours and dedication these men and women have put into our Crisis Line. Without the volunteers, the Crisis Line would not function as smoothly as it does. I want to take this time to recognize the volunteers and the many hours they have put in the last year.

We have a total of 13 volunteers and two of our volunteers are On-call Advocates. The volunteers have put in a combined total of **6,123** hours during the 2009 year.

If you or anybody that you know would like to volunteer on the crisis line please call Dana Kjersem at 406-265-6743 ext. 139

There will be a training held on May 15th, 2010 at 9 am. It will be at HRDC in the Fireside Room.

The training will consist of: Crisis Line Training, Sexual Assault, and Suicide Prevention (QPR).

The training will be free and everyone is welcome.

There will be Crisis Line applications available if you would like to volunteer.

"To know that once you decide to look at life outside of the narrow limits of just your world and start to understand that you can make a difference in very simple ways - in volunteering and all the way up to bigger world problems."
Susan Sarandon



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