



# Inspire Hope

## CADA Board of Directors

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## Our Mission

To provide safety and support to victims of domestic violence and sexual assault through education, advocacy, and shelter.

March-Women's History Month

April-Child Abuse and Sexual Assault Awareness Month

May-celebrating Mother's Day

Editor: Tammera Wachtel

## The Promise of Primary Prevention

Sexual violence is a public health issue. It affects all of us. Its consequences are long-term, for the individual and society. Relying solely on criminal justice has not effectively reduced or prevented it. Public health focuses on stopping it before it starts.

The plan has six goals. Within each goal are multiple strategies to achieve the goal.

- Strengthen social norms that encourage healthy and respectful relationships.
- Identify and train leaders across the state to educate people.
- Ensure that all voices are heard in order to prevent sexual violence.

- Increase the ability of individuals, groups, and communities to prevent sexual violence.
- Seek action by local and state public entities.
- Implement and evaluate data and best practices for preventing sexual violence.

Who will implement the plan?

- Minnesota Department of Health
- Businesses and organizations
- Victim advocates
- Offender treatment programs
- Groups representing people who are at special

risk for sexual violence

- Public health agencies
- Local and state public policy bodies
- YOU and other individuals!

Who is leading the work?

Action teams have formed to carry out the work of the plan. They are currently working on:

- Framing and messaging
- Data and research
- Policy and legislation

The Promise of Primary Prevention: A Five-Year Plan to Prevent Sexual Violence and Exploitation in Minnesota, is available at

[www.health.state.mn.us/svp](http://www.health.state.mn.us/svp)

## CADA Programs

Battered Women's Shelter  
P.O. Box 466  
Mankato, MN 56002-0466  
507-625-8688 Business  
800-477-0466 Crisis

Keep Me Safe Parenting Time Center  
P.O. Box 466  
Mankato, MN 56002-0466  
507-625-8688 Business

CADA of Blue Earth County  
100 Stadium Court  
Mankato, MN 56001  
507-625-8688 Business

CADA of Faribault County  
125 North Main, P.O. Box 203  
Blue Earth, MN 56013  
507-526-5275 Business

CADA of LeSueur/Sibley Counties  
212 North 3rd Street, P.O. Box 922  
Gaylord, MN 55334  
507-237-5977 Business

CADA of Nicollet County  
100 Stadium Court  
Mankato, MN 56001  
507-625-8688 Business

CADA of Waseca County  
105 South State Street  
Waseca, MN 56093  
507-835-7828 Business

CADA of Watonwan County  
55 8th Street South  
St. James, MN 56081  
507-375-3040 Business

## Stop Sexual Violence: Listen & Lead – A Tool to Help Us Tell the Story of Violence that Uses Sex

*Stop Sexual Violence: Listen & Lead*, a video production made possible by the Minnesota Department of Health, Office of Violence Against Women, the U.S. Center for Disease Control, and the Minnesota Coalition Against Sexual Assault.

The video is scheduled to air

Sunday, April 19, at 9:00 PM and Monday, April 20, at 3:00 AM. Viewing is scheduled at the same times and dates on local television Charter Channel 12.

The video will educate you on the journey of four survivors, the cost of domestic violence in Minnesota, services available

in the state to victims/survivors of sexual violence, and the need for state dollars dedicated to prevention.

Statistics show that in 2005 more than 61,000 Minnesotans were sexually assaulted, with the cost reaching \$8 billion.

*Our lives begin to end the day we become silent about things that matter.*

*~Dr. Martin Luther King Jr.*

## A Wonderful Volunteer!

By Jose Beraza

### Keep Me Safe

Keep Me Safe Is a program of CADA, Inc. It provides a safe and nurturing place for children to visit their non-custodial parent, without the fear of experiencing or witnessing violence. It is a place where children can get reacquainted with their parent when there have been periods of separation.

Our mission is to provide a positive, healthy and nurturing environment where children and their parents can be assured that the parenting time and supervised exchange will be conflict-free.

Last year in the Keep Me Safe program 47 children had visits with their non-custodial parent.



"Children will not remember you for the material things you provided, but for the feeling that you cherished them."

- Richard L. Evans

Jean Anderson has been a committed volunteer at CADA for several years now. Seeing how much she enjoys coming to assist in training our clients and spending time with the children, I thought it would be a great opportunity to interview her and find out a little more about Mrs. Anderson.

Jean has volunteered in our community for many years. Today she continues to be a great force in assisting our community in getting educated in different aspects in life, including parenting, early childhood awareness, and safety.

Q: Mrs. Anderson, what prompted you to volunteer at CADA?

A: I was teaching classes as an Outreach Advocate in Early Childhood Family Education for 18 years and some of my clients were mothers/children that resided at CADA.

Q: What is your favorite activity to do at CADA?

A: Take the children out for walks at one of my favorite parks. Getting them out to breathe fresh air, take in nature's beauty, and try to get their minds off the situation they came from or have on their minds.

Q: How long have you been a volunteer at CADA?

A: I have been a volunteer at CADA since the year 2002.

Q: You also teach our clients at CADA the Rent Wise Class. It teaches our clients what to look for during their search for housing and about their rights as a tenant. How long have you been teaching Rent Wise?

A: I have been involved in this program since I retired in 2003.

Q: How do you think it assists our clients at CADA?

A: It gives my clients new information or sometimes refreshes the skills they already have. It also helps with housing search skills and safety.

Q: Is there anything you would like to add?

A: I would like to thank CADA for providing a conference room to teach my class. With today's economy, we are saving our community funds wherever we can. If we didn't have a conference room, CADA would have to pay taxi fair for women to come to my facility.

*We thank you very much, Mrs. Anderson. Keep doing what you do so well for our community and for CADA!*

### A Memorial Day for Women

By: Tammera Wachtel

Contrary to popular belief, Mother's Day was not conceived and fine-tuned in the boardroom of Hallmark. Rather Mother's Day started nearly 150 years ago.

Julia Ward Howe, author of the lyrics to the "Battle Hymn of the Republic," organized a day encouraging mothers to rally for peace. She believed that peace was one of the two most important causes of the world; the other being equality in its many forms.

After seeing some of the worst effects of the war, Julia believed women bore the loss of human life more harshly than anyone else. Julia wanted women to come together across national lines, to recognize what we hold in common above what divides us, and commit to finding peaceful resolutions to conflict.

Fifteen years earlier Anna Jarvis,

an Appalachian homemaker, organized a day to raise awareness of poor health conditions in her community, a cause she believed would be best advocated by mothers. She called it "Mother's Work Day."

After the death of Anna Jarvis in 1905, her daughter, also named Anna, started her own crusade to found a memorial day for women. Anna began to lobby prominent businessmen and politicians, including Presidents Taft and Roosevelt to support her campaign to create a special day to honor mothers. The first Mothers' Day was held in a West Virginia church in 1907. Anna handed out her mother's favorite flower, the white carnation.

Five years later, the House of Representatives adopted a resolution calling for officials of the federal government to wear white carnations on Mother's Day.

In 1814 Anna's hard work paid off, when Woodrow Wilson signed a bill recognizing Mother's Day as a national holiday.

As we do our work within the CADA organization, we carry on some of the beliefs of both Julia and Anna. We also believe in peace and that everyone should be treated with dignity, kindness, compassion, and respect.

We continue to raise awareness about conditions in our communities related to abuse and violence and help to prevent it from occurring. We are dedicated to creating a safe place that supports, empowers, and honors women and children.

On this upcoming Mother's Day, we honor and remember the 21 women, 2 men, 7 children, and 5 family members that were murdered in 2008 as a result of domestic violence.

## Strategies Abused Women Use To Protect Their Children

Do you know all the things that women do to protect their children when they are in abusive situations? It is amazing what outsiders don't see.

Staving off fights with the abuser until the children are asleep or out of the house.

Lying to the abuser to protect the children (e.g., covering for mistakes they make that might lead him to abuse them).

Getting the abuser mad at her to distract him from his anger towards them (in other words, taking their punishments for them).

Putting them to bed early so as to avoid his late-night eruptions.

Leaving them with relatives or babysitters frequently to keep them out of the house so that they aren't around him.

Enrolling them in activities to keep them busy and away from him.

Becoming extremely cooperative and compliant with him ("putting up with the abuse") to reduce their exposure to the extreme reactions he has when she stands up for herself.

Punishing the children in a less severe way than he would (e.g., spanking the children quickly before he gets a chance to do it, because he hits them hard).

Physically or verbally intervening when he is harming or threatening them.

Not saying anything to him when he mistreats the children. (This item applies if he is the style of abuser who retaliates against her by hurting the children *more severely* whenever she tries to stick up for them.)

Becoming an extremely strict parent to keep the children from upsetting the abuser.

Calling the police.

Leaving the abuser for periods of time.

Returning to the abuser after leaving him.

Not attempting to leave the abuser.

Trying to get friends or relatives to pressure him about his behavior.

Trying to get him to stop drinking.

Making a safety plan with the children (such as planning places to run or hide, developing a code word, hiding a cell phone for emergency use, teaching children how to call 911, etc.)

Teaching the children not to blame themselves for the actions of others.

Encouraging the children's independence, teaching the children to think for themselves.

Having the children see a counselor.

Giving up custody of the children (to the state or to the abuser).

Denying the abuse to child protective services to keep him from erupting.

Having unwanted sex with the batterer to placate or distract him.

Seeking sole custody post-separation.

Requesting supervised visitation for the abuser post-separation.

If you are in a position to help in any of these ways, please be there. You might be the difference between life and death for a woman and her children.

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## Feelings of Children Who are Exposed to Battering

Nervousness, anxiety, fear, terror, hypervigilance

- On one's own behalf—*tries to be good all the time*
- On behalf of siblings—*takes care of them, becomes the lightning rod for dad's anger*
- On behalf of mom—*helpful to mom*
- Sometimes on behalf of the abuser—*Defends dad, lies for him, wants mom to be good*

Shame, inferiority

- Within the family—*fighting, addictions, withdrawal, being responsible*
- With the outside world—*No one gets invited over, bullies at school, tries to be popular outside of the home, sexual behavior*
- Self-blame—*perfectionism, acne, eating disorders, running away, trying to become invisible*

Isolation, loneliness—*poor social skills, poor peer relationships*

Sense of vulnerability as a female/ inferiority as a female—*being timid, victim posture, reactions to males, putting out signals of their vulnerability, risks of being a victim inside and outside of the home*

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## Committee Against Domestic Abuse, Inc.

PO Box 466  
Mankato, MN 56002-0466  
Phone: 507-625-8688  
Fax: 507-625-9431  
www.inspire-hope.org

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### Feelings of Children Who are Exposed to Battering

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Sense of complicity as a male/  
superiority as a male—*perpetration  
of sexual violence, use of  
pornography, turning against mom,  
becoming co-abuser of mom, or  
becomes protector of mom*

Starvation for attention, approval,  
affection—*acting out, quickly wants  
to be friends*

- From dad—*always seeking male's approval, taking dad's side*
- From mom—*doesn't need anyone, appears to be strong and self-reliant*

Feeling unprotected, abandoned by  
mom—*despises mom for being weak*

Feeling shocked, betrayed,  
abandoned by dad—*failure to trust/  
depend on men, violence against  
dad, fantasizes about hurting dad*

Feelings that siblings are contributing  
to the danger—*angry at them,  
parenting them, trying to control  
siblings*

Feeling that mom is contributing to  
the danger—*angry at her, takes over  
mom's responsibilities (i.e., cleaning  
house)*

The pain of injustices to mom/to  
siblings/to oneself- *May feel the  
world owes them, may find ways to  
drive pain away (addictions)*

Fear/shame of being associated with  
mom—*becomes complicit in abuse,  
spies for dad*

Fear of being associated with a  
sibling that is on dad's bad list—*spies  
for dad, rejects mom, families align  
in factions*

Fear of becoming like dad—*avoids  
closeness to people, generalized  
anxiety*

