



Abused Adult Resource Center

Restoring hope, building futures, changing lives

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NEWSLETTER

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Domestic violence totals up slightly, rape numbers up 18% in 2009

The number of victims of domestic violence victims served by the Abused Adult Resource Center (AARC) rose only slightly in 2009, but the number of rape victims climbed 18 percent.

AARC Advocates helped 1,178 new victims of domestic violence last year, compared to 1,165 in 2008.



The new cases in 2009 involved 1,569 children. “Even though domestic violence totals rose only slightly, there still are too many families facing violence in their lives in our community,” said Diane Zainhofsky, AARC Executive Director. “We are concerned about victims and especially the children involved.”

AARC has continued an initiative aimed at preventing violence, which may have had a positive effect on the domestic violence totals.

In 2009, AARC Advocates served 153 rape victims, compared to 130 in 2008. “Those are troubling numbers,” Zainhofsky said. “Our community needs to help law enforcement and the AARC in addressing these crimes.”

AARC’s shelter, Pam’s House, provided a safe, temporary home for 127 women and 112 children made homeless because of domestic violence last year.

Staff at the agency’s Family Safety Center — which provides troubled families with a neutral site for exchanging or visiting children — supervised 559 exchanges and 573 visits in 2009.

Volunteers continued to play a major role in AARC’s mission; 150 volunteers contributed 24,039 hours in helping AARC serve victims in 2009.

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DATES TO REMEMBER!

March 24—Love Without Fear tea & award, Pam’s House

April 22-23—Annual sexual assault/domestic violence conference, Seven Seas Inn, Mandan, ND

Mid-May—Lifesaver Award, State Capitol



Clark, Seth, Hogan re-elected to AARC Board

Dave Clark, Aruna Seth and Christine Hogan were re-elected to three-year terms on the Abused Adult Resource Center Board of Directors during the agency's annual meeting Jan. 25th at the Kelly Inn in Bismarck.



Dave Clark

Clark is Executive Vice President of Bismarck State College, Seth is Founder of the Ghandi Peace Network of North Dakota and Hogan is a private attorney.

Bismarck police chief Keith Witt was the featured speaker at the meeting.

In a reorganization following the annual meeting, Bon Wikenheiser, State Director of the North Dakota Small Business Development Center, was elected board chairperson. Jennifer Gladden, a small business owner, was elected vice-chairperson; Tamara Barber, Associate Vice President for finance and operations at Bismarck State College, was voted in as treasurer; and Hogan as secretary.

Other members of the board are Mike Lund, manager, Herberger's Department Store; Sharon Klein, human resources manager at Basin Electric Power Cooperative, and Justin Currie, internal audit manager at BNC National Bank.



Aruna Seth



Christine Hogan



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Patsy Thompson (left), a North Dakota Community Foundation board member, and Kevin Dvorak, Foundation Executive Director, present a \$2,000 grant on Dec. 9th to Diane Zainhofsky, AARC Executive Director. The grant is to help operate AARC's new transitional shelter.



Get to know the employees at AARC

Cody Carik

Coordinator, Family Safety Center



Cody Carik

Hello, my name is Cody Carik, and I am one of the coordinators at the Family Safety Center. I hold a bachelor's degree in English Composition/Literature, with an emphasis in philosophy/theology. I have been an adventure sport specialist/director in West Virginia for four summers, rock climbing instructor/outdoor educator in California, and was an outdoor specialist in the Delaware Gap of New Jersey.

I have spent various parts of my existence bumming around the country, St. Thomas, and Baja, Mexico. I hold a certificate in wilderness survival, and am also certified in high ropes/rock climbing instructing through the YMCA and Inner Quest.

I am an avid runner, climber, and generally dig the outdoors. I come from a great family, and they are a huge part of my life. I enjoy the "beatnik" lifestyle, love to read, and having unique conversations with people. Making a positive difference in the world around me is the one of the best feelings, second only to dancing the polka. The Blues, Kerouac, Lord of the Rings, Jefferson Airplane, old school Nintendo, and unexplainable dance parties help me get through an average day.

Kim Kramer

Finance Manager

My name is Kim Kramer. I am the Finance Manager and started working at the Abused Adult Resource Center in August 2008.



Kim Kramer

I love my job and the challenges it presents, and I look forward to getting to a

point where I feel we are "caught up" in the Finance Department! I am so glad to be part of an agency that is dedicated to helping those that are being victimized in our community. Even though I do not work with victims directly, it is nice to be part of an organization that's whole focus is to help others.

I grew up in Dickinson, ND and moved to Bismarck in 1988. I worked for many years as a certified nurse's aide before attending college. I attended Bismarck State College and later University of Mary where I earned my Bachelor of Science Degree in Accounting and Minor in Business.

When I am not working, I enjoy spending time with friends, going to movies, reading, doing Sudoku puzzles, playing with my 7-month-old nephew, Tommy, attending hockey games of my 9-year-old godson, Isaac, and cuddling with my "baby" – my cat, Mitzy.

Caitlin Krenz

Sexual Assault Advocate

My name is Caitlin Krenz. I have been with the Abused Adult Resource Center since June of last year working as a Sexual Assault/Domestic Violence Advocate.



Caitlin Krenz

I recently accepted a new position as Sexual Assault Program Coordinator and I am really looking forward to the new challenge. I love my job and my amazing co-workers.

I attended college at the University of North Dakota and graduated with Bachelor's degrees in both Political Science and Public Administration. I am currently working on a Master's degree in Public Affairs. I moved back to Bismarck last year from Indianapolis, and prior to Indiana I was traveling and going to school in northern Europe. I also spent some time living in Washington D.C. working for the North Dakota Congressional delegation. I value public service and find the rewards of my job limitless.

I enjoy biking, reading, spending time with my awesome family, my friends, and my pets.

Love without Fear: *Teen Dating Violence Awareness*

(This article was written by Margalit Balaban, a high school student, and provided by the North Dakota Coalition on Abused Women's Services/Coalition Against Sexual Assault in North Dakota. Names in the article have been changed.)

Teenage relationships can be fun and exciting.

They are an introductory to romance and another step towards independence. They are sources of love, laughs, gossip and heartache. However, they are also sources of danger and abuse. For an increasing number of American teenagers, a violent or unhealthy relationship is their everyday reality. Many are either unaware that it is happening to them, or believe it is "normal." Some teens even believe that it means their partners "really love them."

For 14-year-old Ashley, her new relationship was something she had never dreamed of. She and Joel met at a summer camp that they had both attended. Joel was a guitarist three years her senior. Joel was very attentive, constantly at Ashley's side to open doors or walk her to her next activity. He made her feel beautiful and unique. He often coaxed her to leave her friends and spend time alone with him. Blinded by his romantic gestures, Ashley ignored her friends when they referred to Joel as her "stalker." Then camp ended and it was time to go home. Joel lived in the state neighboring Ashley's, but they decided to keep the relationship going long-distance.

As time progressed, Joel became more and more possessive. He called Ashley a minimum of 10 times a day and was constantly texting her. When she didn't answer her phone, Joel would contact her cousins and close friends, interrogating them on where she was and who she was with. He even began to email Ashley's mother. He told her mother that he truly loved Ashley and was a smart, serious teenager with good grades and plans to go to college. He became increasingly upset when Ashley would spend time with friends, particularly those of the opposite sex. He pressured her to end many of her friendships and even discouraged time spent with her parents. She told herself that this was just his way of being protective and concerned. Ashley's parents warned her that something wasn't right, but she refused to listen. She felt that they were being judgmental and not giving him a chance.

Joel constantly reminded Ashley that he loved her, saying that he "couldn't live without her." Ashley believed him. He constantly showered her with gifts. His personal website page was a shrine to her. He once sent her mother a song that featured a woman who was murdered and left in a field. The lyrics included lines such as, "I'd do anything to have her to myself... I don't know what to do when she makes me sad... I won't let this build up inside of me." He said this song made him think of Ashley. Joel would constantly ask Ashley to say that she loved him. He would often interrupt their conversations and ask her to say it again. He was constantly questioning her and her mother on when he and Ashley could move in together, when they could be married and when they could have children.

Though he never physically hurt her, Ashley knew that Joel had

a dark side. He confided that when he became angry, he blacked out and could not control or even remember his actions. Joel had three younger half-siblings who were part Hispanic, the eldest of which was nine. Ashley often heard him on the other end of the phone screaming racial slurs and other horrible names at them: "Worthless... whore... I wish you would die." He told his mother that Ashley was pregnant, though in reality they had never had sex.

Joel told Ashley and her parents that he was abused in his home and asked if he could live with them if he ran away. He later recanted this statement, after discovering that he could not live with them or be placed in a foster home close to Ashley. He told her that her aspirations to help others were stupid, later saying that he had done so to "inspire her."

Joel promised Ashley that he would not ask her to have sex until she was 18, but he often pressured her to do other things. He once began to touch her inappropriately and continued even after she told him to stop. She passed this all off as normal teen boy behavior and "just messing around."

After about five months, Ashley attempted to end the relationship. Joel called her crying, begging and threatening to kill himself. He talked Ashley into feeling unsure about her own decision to end the relationship. Needing approval from her parents and knowing that she had a history of self-injury, Joel instructed Ashley to tell her mother that he had saved her life. Ashley promised him that she would, fearing what he would say otherwise, though she never did.

Ashley's parents had had enough and told her that it was time to end the relationship for good. They stood by her as she wrote an email to him, explaining that the relationship was over. Ashley initially resented this, but eventually realized that it had been the right decision. Though Joel and Ashley had no direct contact after that, Joel was never far away. He remained in contact with her friends and even her mother for many months, constantly begging for updates on Ashley. His website page still contained pictures of her, her name littered everywhere, though it was now coupled with declarations of Satanism and "sociopathic pride." When threatened with a restraining order, he asked how long he would be in jail should he defy it. He posted suicide threats on his personal web page, making sure that Ashley's friends would see them.

The letters eventually died down and things were quiet for awhile. Ashley returned to camp that June for two weeks. Joel appeared the second week. Ashley had friends escort her wherever she went, but Joel was often in the close perimeter. On the third day, she made the mistake of walking across campus alone and Joel approached her quickly. He sobbed to her, asking for hugs that she repeatedly declined. He told her that due to his heightened emotions around her, he hadn't eaten in days. He declared his undying love for her and promised that he would always wait for her. He made Ashley promise that she would not tell anyone that he was at camp with her. Luckily, a friend noticed him speaking to Ashley and quickly pulled her away.

(Continued on 5)

Teen Dating Violence

(Continued from previous page)

Ashley's mother called the camp, who warned Joel to stay away from Ashley. He could often be seen lurking behind the trees near her dorm room. Hoping that all he needed was a bit of closure, Ashley approached him on the last day of camp. The conversation started out fine, but quickly escalated. Joel was not interested in closure. He told her that he had created an alias on a chat room account with which they could communicate. (Ashley and her parents later found that the account contained Ashley's birthday, religion, hometown, and initials). He told her that his car was fixed and that he would come down sometime to get her. When his mother arrived to take him home, she circled them and took pictures of them talking. He tried to give her gifts, including a necklace and a ring. He had told many of his hometown friends that he would return from camp engaged to be married. Ashley declined each of his requests and refused his gifts. Later that day, Joel snuck up behind her, hugged her, told her he would be seeing her soon and ran off to his car.

When Ashley returned from camp, her parents filed a restraining order against Joel. Though they had only requested the judge to grant two years, they were given five. Ashley and her family have not seen or heard from Joel since, but he remains in

contact with her close friends. Ashley is thankful that she got out of the relationship in time, but often feels guilty for allowing it to go as far as it did. She uses her experience as a constant reminder of how close she came to danger.

There are many teens, both male and female, that have experienced situations similar to Ashley's. In fact, a March 2006 survey conducted by Teenage Research Unlimited for Liz Claiborne Inc. reported the following statistics:

- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.
- 1 in 4 teens who have been in a serious relationship say their boyfriend or girlfriend has tried to prevent them from spending time with friends or family; the same number have been pressured to only spend time with their partner.
- 1 in 3 girls between the ages of 16 and 18 say sex is expected for people their age if they're in a relationship; half of teen girls who have experienced sexual pressure report that they are afraid the relationship would break up if they did not give in.

It is often hard to see the truth when one is caught up in emotions. Ashley was unable to see Joel's behavior as abusive or unacceptable, despite the many warnings of those around her. She had become close to him and believed that they loved each other. He had manipulated her into believing that it was them against the world. When she tried to be easygoing and understanding, he took advantage of her empathy. Stepping away and looking back, Ashley now sees how Joel slowly allowed his true colors to shine.

She realizes how each and every one of the excuses he gave for his behavior were designed to make her feel guilty for suspecting that he was anything but perfect. Joel always told her that he behaved the way he did only because he loved her more than anyone else. Ashley has learned that none of these things are expressions of love, but are methods of control and abuse. She sees the many red flags that she had previously accepted as "love," and keeps a close eye out for similar warning signs in the people she currently spends her time with.

Teenage relationships are an important part of adolescence. Everyone deserves a partner who respects and cares for them in every way. If your partner shows signs of aggressive, controlling, stalking or possessive behavior, or if someone you know is abusive or being abused, get help immediately. Abuse is never okay, and it will not get better. Stay informed, know your boundaries and love without fear.



ABUSED ADULT RESOURCE CENTER

Love is not abuse!

If you're a teenager facing dating violence, we can help.

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(1-877-TD8ingV)

Abused Adult Resource Center

(This ad was sponsored by Grant No. 2007 W-AX-0003 awarded by the Office on Violence Against Women, U.S. Department of Justice.)

Dickson, Colling presented AARC award

Bismarck attorneys Tom Dickson and Jodi Colling have been presented the Abused Adult Resource Center's Esprit de Corps award.

The award recognizes community members who exhibit public spirit, empathy and sense of honor in ending domestic violence or sexual assault, or for extraordinary services to victims of these crimes. Presenting the awards Feb. 3 were Diane Zainhofsky, AARC Executive Director, and Heidi Leingang, an AARC advocate.



Attorneys Jodi Colling and Tom Dickson

Colling and Dickson have been a voice for victims who are unjustly charged for reporting their rape to law enforcement, according to the award. 'Jodi and Tom have unselfishly taken on cases of rape victims being charged with providing false information or false reports to law enforcement at no charge,' the award said. 'They understand the inconsistencies that commonly occur after the trauma of rape, as well as the importance for victims to report the crime. Without the reports from rape victims, perpetrators will go free, putting our community at risk.'

Great work by volunteers

The Christmas store at the Seeds of Hope Gift and Thrift Store had another great season, thanks to volunteers. The Christmas store raised \$50,403, which goes to help victims served by AARC. Volunteers and staff put in many hours setting up and operating the Christmas store over several months. Pictured are some of the volunteers responsible: (front row, from left) LeAna Hug, Kathleen Vetter, Maxine Buehler and Myrt Armstrong; (middle row, from left) Kathy Faller, Mary Ann Rausch, Joanne Vetter, Angie Feist, Stephanie Bell, and Linda Glass; (back row, from left) Muriel Kisse, Alice Keller, Bernice Famias, Maureen Wahl, Jane Wolf, and store employee Dorinda Eckroth.



Darleen Beck Volunteer of the Year for 2009

Darleen Beck was honored as the Abused Adult Resource Center's Volunteer of the Year for 2009, and was presented the award during a volunteer appreciation dinner in December.

Darleen has been volunteering at the Seeds of Hope Thrift and Gift Store for three years. At the store, she works in the Digger's Delight room, keeping it organized and cleaning it out weekly. She also works in the jewelry department, carding, repairing and displaying jewelry.



Darleen Beck

"Darleen has volunteered in the Christmas store helping out with customer service and is a delight to have around," said Dorinda Eckroth, volunteer and customer leader at the store. "In her spare time Darleen loves craft projects and is a very good seamstress; she even does alterations for staff at our store."

Volunteers are at the core of the AARC. In 2009, volunteers donated 24,039 hours of their time in many activities that help in AARC's mission of serving those who face violence in their lives.

A victim's story: 'I was scared for my life and my son's'

Hi, I am 37 years old and I have a four year old son. My son and I have been at Pam's House for a week now.

Before we came here we had found ourselves in a very scary situation, and I didn't know what we were going to do. My boyfriend and I had been dating for awhile; we decided to get married, and so my son and I moved in with him. As soon as we moved in, he turned into a completely different person.

On New Year's Eve he tried to strangle me and beat me up in front of my son. Since I had met him, he had pretty much made sure that I lost everything I had and I was completely dependent on him. If I needed a dollar for pop, I would have to ask him for it. I didn't see any way that we would be able to get out. I had no money, no job....nothing. In the next few

weeks his violent behavior progressed; we lived in a house full of guns and I was literally scared for my life and my son's. The last few nights I slept with my son with his door barricaded.

Finally, I called a homeless shelter and they were full. I remembered someone telling me about the Welcome House, so I called them and, thank goodness, they referred me to AARC. I met with an intake coordinator and they got us in the next day.

I am so grateful that we have a place to stay. It's a nice house where we know we are safe and they are already helping me do everything I need to do to get back on my feet and in my own place. They're even helping me get back in school. Thank you AARC!

MDU employees donate

Vicki Kunz (third from left, front) of MDU Resources Group and other employees present books Jan. 7 for the Kids Korner library at Pam's House to Kayce Loraas (center), AARC child advocate, and Janelle Martel (second from left) of AARC. MDU employees gathered more than 450 books for Kids Korner.



'Illuminating sexual violence' focus for April conference

Professionals and the general public are invited to attend the 18th annual domestic violence/sexual assault conference titled "Illuminating Sexual Violence," scheduled April 22-23 at the Seven Seas Convention Center in Mandan.

Topics to be presented include "Alcohol-facilitated sexual assault," "Effectively using medical experts and medical evidence," and "Overcoming a consent defense."

Keynote presenters are as follows:

Jenifer Markowitz is the medical advisor for AEquitas, a national resource for prosecutors on violence against women. Headquartered in Washington, D.C., AEquitas' mission is to improve the quality of justice in sexual assault, domestic violence, stalking, and dating violence cases by developing, evaluating, and refining prosecution practices that increase victim safety and offender accountability.

Jeff Greipp, an attorney advisor for AEquitas.

Rick Azzaro, who has more than 15 years of experience working with abused children and their families.

The other conference faculty is Diane Zainhofsky, Abused Adult Resource Center Executive Director.

The conference is co-sponsored by the Abused Adult Resource Center (AARC) and St. Alexius Medical Center. It is organized to appeal to social workers, licensed counselors, addiction counselors, attorneys, law enforcement, advocates, registered nurses, licensed practical nurses and other interested health care workers, as well as other professionals who serve victims of domestic violence. Continuing education credits have been requested for social workers, licensed counselors, law enforcement, attorneys and addiction counselors.

Pre-registration is required, with the registration deadline April 9. The registration fee is \$125. Registration can be done at the St. Alexius website at www.stalexius.org.

For more information, call the AARC at 222-8370.



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