Community Partners Appreciation Luncheon

Crime Victims Resource Center held its 3rd Annual Community Partners Appreciation Luncheon on December 8, 2016 at the Hormel Historic Home. 55 people attended the event, including representatives from human services, law enforcement, probation, court administration, Fountain Centers- Austin, city prosecutors, and Mayo Clinic Health Systems administrators.

David Dyke, Officer with the Austin Police Department, was recognized for his exemplary service, compassion, and follow through with victims. He connects victims to our program and goes the extra mile by following up to ensure their safety. Rod Nordeng, Operations Administrator with Mayo Clinic Health System, was recognized for the support and advocacy he has provided to Crime Victims Resource Center over the past 19 years. “Rod has always been a huge support of our program and I’m so grateful” said Tori Miller, Crime Victims Resource Center Director, as she presented him with his award.

The Honorable Christa Daily, District Court Judge, spoke to us about appreciating and inspiring others. “Who in this room can honestly say you have been truly thanked for the service or help you provided? That’s why we are here today- to appreciate each other.” She stated. She followed by saying, “Remember to take that extra time in your already busy schedules to sincerely ask - how are you today, what can I do to help. It may be tough at first, but it will be like muscle, the more you do it, the more you’ll be conditioned to it.”

Congratulations to both recipients, and thank you all attendees- we are very fortunate to have you as our colleagues and would not be able to do what we do without you. We appreciate you!

To subscribe or unsubscribe, email miller.tori@mayo.edu
CVRC is now taking referrals for the Women’s Support/Education Group. This group, for women who are or have been in difficult relationships, is an excellent opportunity for participants to gain an understanding of the positive and negative aspects of their relationships. Our goal is to empower women with knowledge and skills necessary to make decisions regarding the sustainability of their relationship.

Previous group members shared their new skills and/or behaviors the group helped them develop, which include:

- “Understanding, confidence, believing in myself”
- “More assertive”
- “I’m thinking more about myself”
- “Working on being stronger for myself and my kids”
- “Making choices for myself”
- “Advocating more for myself”

If someone you know would benefit from this group please have them contact us.

Adverse Childhood Experiences (ACEs)

An adverse childhood experience (ACE) describes a traumatic experience in a person’s life occurring before the age of 18 that the person remembers as an adult. In 1995, the ACE study began to analyze the relationship between different types of childhood trauma and future health and behavioral outcomes. Exposure to experiences such as physical abuse, sexual abuse, emotional abuse, mental illness of a household member, alcoholism of a household member, domestic violence towards a parent, or incarceration of a household member count as a point. If an individual has never experienced any of these conditions then their score is zero, otherwise, for each experience the individual endured they are given a point. Points are totaled and that is their final ACE score. ACE scores do not measure frequency or severity, only exposure. As the number of ACEs increases, so does the risk for outcomes such as risky health behaviors, chronic health conditions, low life potential and early death. Higher ACE scores have also been linked to increased likelihood of domestic violence perpetration and victimization. They can also have lasting effects on things such as health including- obesity, diabetes, depression, suicide attempts and life potential including- low graduation rates, poor academic achievement, and lost time from work.

So what can be done about ACES?

Safe, stable, and nurturing relationships and environments can have a positive impact on the development of skills that help children reach their full potential. Knowing the signs and addressing them early on is crucial. Offering parenting training programs, intimate partner violence prevention, and social support for parents have proven to be beneficial. By connecting survivors with the appropriate support services, we can help prevent any continued trauma and help to begin the healing process.
Myth or Fact: Criminal Justice System

The following statements are commonly heard at CVRC. Determine whether the statement made is a myth or a fact.

1. “Anytime the police are called, the person will be arrested.”
   
   Myth: Ultimately it is up to the police officer and the details surrounding the incident whether they are arrested or not. The police officer could issue a citation in lieu of arresting an individual.

2. “I can have an advocate accompany me to all meetings with the county attorney, law enforcement, or court hearings.”
   
   Fact: Victims are entitled to have an advocate present for any meetings, as well as any court hearings. Advocates can attend pre-trial court hearings in place of the victim attending.

3. “I can drop or press charges on an individual/entity as I want to.”
   
   Myth: Once an incident has been reported to the police, it is up to law enforcement and the City/County Attorney’s Office whether charges will be filed.

4. “I don’t have to testify if I don’t want to.”
   
   Myth: You could be required to testify by a court issued subpoena. If you fail to appear after being issued a subpoena, you could be fined, or jailed, or bot

5. “I don’t have to give my address or telephone number in open court – I don’t want the offender to know where I live.”
   
   Fact: Victims have the right to request that home and employment address, telephone number, and birth date be withheld in open court.

6. “The court can’t accept a plea agreement if I don’t agree to it.”
   
   Fact: The victim does have the right to object orally or in writing to a plea agreement at the plea presentation hearing, or at the proposed disposition or sentencing. However, the court ultimately has the final decision in whether they approve or reject the plea agreement.
Linnea Borland joined our team mid-November as a Victim Advocate and Volunteer Coordinator. She will provide awareness, intervention, and support to victims of crime, while rejuvenating our volunteer program. Linnea hopes to explore new avenues of social media, advertising, and community collaboration to continue to build our volunteer base. Linnea’s educational background includes a major in Social Work, and a minor in Women’s and Gender Studies from Winona State University. Previously she worked at a nonprofit in Rochester serving low income families.

3 Fun Facts about Linnea

1. I have two dogs – Willow and Walker. We’ve had Willow for about 5 years, and recently adopted Walker in August from the Steele County Humane Society! He’s six months old and originally came from Oklahoma.
2. I love Netflix! I can easily binge watch new seasons and re-watch my favorite shows!
3. People say I snort when I laugh!

“Volunteers do not necessarily have the time; they just have the heart.”
-Elizabeth Andrew
We are always looking for volunteers to staff the 24 hour crisis line from their own home. CVRC supplies a cell phone that volunteer advocates can take with them for their scheduled shifts. Volunteer advocates are trained by CVRC, and provide non-judgmental care and support services to anyone experiencing various types of crime, including victims of sexual assault, domestic assault, and general crimes such as burglary and stalking.

What would I do?

- Respond to crime victims in crisis after office hours by cell phone or in person.
- Provide information and referrals.
- Provide emotional support and advocacy.
- Support during hospital exams and police reporting.

Am I Qualified?

No previous training, experience, or education is required. The ability to listen is the most important skill a prospective volunteer can possess.

What training is required?

- CVRC will provide advocacy training to help you respond to a victim’s needs.
- CVRC staff will always be available for after-hours questions from the Volunteer Advocate.

Commitment

We would ask that a volunteer advocate sign up for a shift each month, generally working four weeknights (4:30pm – 8am), and one weekend (Friday 4:30pm – Monday 8am) per month. We also ask that a volunteer advocate take one holiday per year.

Okay, I’m interested!

Please call the Crime Victims Resource Center (CVRC) at 507-437-6680 to request a volunteer application.

Don’t have time to volunteer, but still want to contribute?

Crime Victims Resource Center is always actively recruiting volunteers, but if you don’t have time and would still like to make a difference, donations and in-kind contributions help to keep this service available to victims free of charge. Please cut out and return the voucher below.

Here is my caring gift of:

☐ $15  ☐ $25  ☐ $40  ☐ Other ___________________________

Make checks payable to Crime Victims Resource Center and mail with this voucher to: Crime Victims Resource Center, 101 14th Street NW, Austin, Minnesota 55912.

Name: ________________________________ Phone: ________________________________
Address: ____________________________________________

☐ I would like to be recognized in publications  ☐ Please do not recognize me in publications
Any person, regardless of age, gender or life circumstances can be a victim of crime.

The Crime Victims Resource Center (CVRC) is here to serve you and those close to you with support and options. Growth and recovery are encouraged by caring and skilled people in a nonjudgmental setting.

Our job is to work for changes which will enable all citizens to live in a community free of fear and violence through advocacy, actions and education.

The Crime Victims Resource Center will help individuals who have been victims of many different types of crime. Some of the specific crimes we work with are:

- Accidents involving intoxicated driver
- Assault
- Burglary
- Child Abuse
- Domestic Abuse/Assault
- Elder Abuse
- Harassment
- Sexual Abuse/Assault
- Stalking
- Terroristic Threats
- Theft

All services of Crime Victims Resource Center are provided free of charge.

CVRC offers education/information presentations on the nature and scope of victimization, prevention strategies, and the services we provide.

Victim Support Services

- 24 hour crisis hotline
- Crisis counseling
- Safety planning
- Arranging emergency shelter
- Support groups
- Referrals to other agencies
- Emergency transportation
- Support during hospital examinations
- Support during police reporting
- Assistance with Orders for Protection and Harassment Restraining Orders
- Assistance with understanding the criminal justice system
- Accompaniment to court proceedings for support
- Updates on the progress of court proceedings
- Notification of victims’ rights

Crime Victims Resource Center is a free and confidential service funded by The Hormel Foundation, Minnesota Department of Public Safety-Office of Justice Programs, and United Way of Mower County.

Looking for a speaker for your service/civic or professional organization?

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Find us Online:
www.crimevictimsresourcecenter.org

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