

# DASAS

## Domestic Abuse/Sexual Assault Services

Summer 2017

VOLUME 17 ISSUE 3



### Domestic Violence Statistics

- Every 9 seconds in the US a woman is assaulted or beaten.
- Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime. Most often, the abuser is a member of her own family.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if presented with a breakup.
- Everyday in the US, more than three women are murdered by their husbands or boyfriends.
- Ninety-two percent of women surveyed listed reducing domestic violence and sexual assault as their top concern.
- Domestic violence victims lose nearly 8 million days of paid work per year in the US alone—the equivalent of 32,000 full-time jobs.
- Based on reports from 10 countries, between 55 percent and 95 percent of women who had been physically abused by their partners had never contacted non-governmental organizations, shelters, or the police for help.
- A man is severely assaulted by his intimate partner every 14.6 seconds.
- Women with disabilities are 40 % more likely to experience intimate partner violence (especially extreme violence) than women without disabilities.
- The number of American troops killed in Afghanistan and Iraq between 2001 and 2012 was 6,488. The number of American women who were murdered by current or ex male partners during that time was 11,766. That's nearly *double* the amount of casualties lost during war.
- Men suffer for a number of reasons, making them even less likely to report the abuse. Men may be embarrassed or think they can handle the abuse. Some make victims also fear they may be ridiculed for admitting their female partner has abused them. A man who calls the police to report domestic violence is three times more likely to be arrested than the woman.

Source: [domesticviolencestatistics.org](http://domesticviolencestatistics.org)

#### New Outreach Schedule

**1st Wednesday** of month:

Chase County

**2nd Wednesday** of the month

Dundy County

**3rd Wednesday** of the month

Frontier County

**4th Wednesday** of the month

Furnas County

**5th Wednesday** of the month

Hayes & Hitchcock Counties

If you are a victim or a family member or friend of a victim and would like to arrange to meet with an advocate in one of our outlying counties, please give us a call on our toll-free hotline at 1-877-345-5534. An advocate would be happy to serve you at a date and time that works for you.

#### This Month's Issue:

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#### DASAS Mission Statement:

*Our mission is to provide free, confidential and empowering services to victims of domestic violence, dating violence, sexual assault and stalking while raising awareness and prevention efforts throughout our communities.*



## World Elder Abuse Awareness 2017

Abuse of elderly people is one of the most shameful, and disturbing human rights violation issues of our times, that is prevalent across the world, particularly in developing nations, and yet is grossly overlooked.

The 2017 WEAAD (World Elder Abuse Awareness) aims to focus particularly on the financial hardships that an older adult can be made to go through.

Financial exploitation is defined as, "the illegal or improper use, control over, or withholding of the property, income, resources, or trust funds of the elderly person or the vulnerable adult by any person or entity for any person's or entity's profit or advantage other than for the elder person or the vulnerable adult's profit or advantage."

**The saddest aspect of such abuse is that the perpetrator is usually a person or persons in whom the exploited individual has placed trust;** they might be sons, daughters, close relatives, or caregivers of any form on whom the person is wholly dependent.

**Recent research has revealed significant data on financial abuse of the elderly:**

- 1 in 20 older adults report some form of perceived financial exploitation in the recent past.

- About one in 44 cases of financial abuse is reported.
- Death rate in exploited seniors is three times more than that found among un-abused seniors. Elder abuse victims are four times more likely to end up in a nursing home. Family members or trusted others constitute 90% abusers. Other forms of elder abuse and neglect include:

**Physical Abuse:** This includes the non-accidental use of physical force, resulting in bodily harm, physical pain or injury, chronic or acute illness, functional impairment or death. Violent acts with or without the use of a weapon would include beating, hitting, biting, choking, suffocation, shoving, pushing, shaking, pinching, slapping, kicking, stomping, burning. Not only physical assault but the inappropriate use of drugs, restraints, and confinement would also fall under this category.

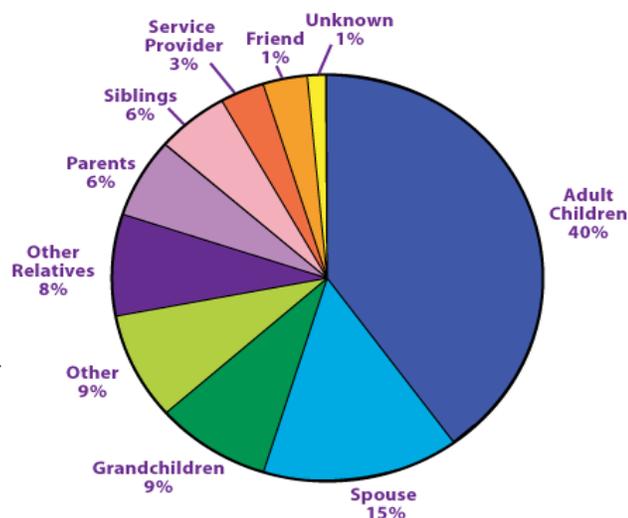
**Emotional Abuse:** This refers to verbal and non-verbal behavior causing mental and emotional distress. It includes regular ridicule and humiliation, intimidation through the use of threats, isolation, control of the activities of the elderly, and consistent blaming and scapegoating.

**Sexual Abuse:** Often associated with younger people, sexual abuse of the elderly is actual-

ly more frequent than one likes to imagine. This includes, but is not limited to, sexual contact with the elderly without his or her consent. Such contact could involve forced physical sex acts, unwanted touching or penetration, and other activities such as showing the person pornographic material, and forcing him or her to undress, and perform, or watch, sexual acts.

**Neglect and abandonment:** This happens when the health and safety of the aged person is compromised, due to negligence, or ignorance, on the part of the caregiver in providing adequate nutrition, essential medical care, shelter, clothing, hygiene. More than half of the elderly abuse the world over falls under negligence, intentional or unintentional.

**Breakdown of Confirmed Perpetrators**



National Association of Adult Protective Services Administrators  
National Center on Elder Abuse

## The Secret Life of Kids Online: What You Need to Know

Facebook, Twitter, Shelfari, Moshi Monsters, Club Penguin, The SIMS—the list of online games and social networking sites seems to grow longer every day. Also on the upswing: the alarming headlines about cyberbullying, sexting, and other forms of online harassment. More than half of adolescents visit a social media site more than once a day, and 75% have cell phones, which are often used for texting and instant messaging.

Because of the intensity of the online world, teens who spend a great deal of time there may be at risk for a new phenomenon called “Facebook depression”. Teen development is, in large part, about separating from parents and gaining peer acceptance, and social networking sites allow them to do both. But if online harassment or rejection occurs, such as “defriending,” symptoms of depression may be the result. Contact your pediatrician if you notice any of the following: sadness, anxiety, pessimism, difficulty concentrating, a drop in grades, insomnia, loss of appetite and irritability.

While the news media tends to focus on the negatives of this new technology, social networking also has many advantages for kids. In addition to strengthening connections with friends and family, social networking encourages participation in community service activities, collaboration with classmates on group projects, the sharing of musical and artistic achievements and communication with sports coaches and teammates, and that’s just for starters. In addition, the online world is beneficial for those kids who don’t quite ‘fit in’ at school—it can help foster their identity and unique social skills.

So how does it go wrong? Teens are susceptible to peer pressure and are also naturally impulsive, so they may quickly comment on an inappropriate post without thinking. This can easily snowball and become very hurtful to the person who’s

targeted. Some families have also become so overly digitized that time together at home and during meals is being displaced. Direct interaction with peers is disappearing as well. “When texting becomes the main mode of communication, it doesn’t allow for tone, body language or facial cues,” says Dr. Clarke-Pearson.

But the right parental interaction and involvement can ensure that won’t happen. Here’s how to help your child use social media and game sites to their advantage:

### Get schooled

Immerse yourself in the technology so you know how to create a profile, ‘friend’ your child, and be a part of her online life. She may insist that you don’t embarrass her by posting on her wall for her friends to see, for instance, but that’s okay. You still get a window into her world.

### Model it

If you’re constantly on the cell or computer, your kid will want to be, too. Limit your time so you can help your child strike a balance with her own use.

### Power down

Insist that family meals are device-free and set reasonable bedtimes. “Children and adolescents don’t get enough sleep as it is, so staying up half the night on line certainly doesn’t help,” says Dr. Clarke-Pearson.

### Chat her up

Don’t rely exclusively on a ‘net nanny’ program to keep you up-to-date on her activity. Instead, ask who she’s texting or



IM’ing lately and share some of your own social media experiences (she just may open up about hers).

### Go public

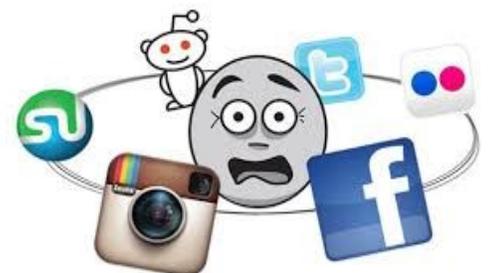
Keep the computer centrally located (like in the family room or kitchen) so you can check on the sites she visits and the amount of time spent there.

### Be kind

Discourage meanness, gossiping and posting anything that’s untrue or potentially harmful or embarrassing. Remind your child that there’s no real privacy online—every email, text or IM leaves a digital footprint, which future employers and colleges might access.

### Take action

Get the latest online safety information at [cybersafebook.com](http://cybersafebook.com).



## National PTSD Awareness Day, June 27, 2017

United States Senate designated June 27th as National PTSD Awareness Day. In addition, June has been designated as PTSD Awareness Month by the National Center for PTSD (NCPTSD).

According to the NCPTSD, PTSD is an anxiety disorder resulting from exposure to a single traumatic event or multiple traumatic events, such as sexual or physical assault, natural or man-made disaster, and war-related combat stress.

### Signs and Symptoms

Symptoms of PTSD usually develop within the first 3 months after the event, but they may not surface until months or even years after the original traumatic event.

#### Symptoms may include:

- Intrusive thoughts recalling the traumatic event
- Nightmares
- Flashbacks
- Efforts to avoid feelings and thoughts that either remind you of the traumatic event or that trigger similar feelings
- Feeling detached or unable to connect with loved ones
- Depression, hopelessness
- Feelings of guilt (from the false belief that you were responsible for the traumatic incident)
- Irritability or angry outbursts
- Hypervigilance (being overly aware of possible danger)
- Hypersensitivity, including at least two of the following reactions: trouble sleeping, being angry, having difficulty concentrating, startling easily, having a physical reaction (rapid heart rate or breathing, increase in blood pressure)
- Headache
- Disrupted sleep, insomnia

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Source: [mentalhealthregimen.com](http://mentalhealthregimen.com) and [mass.gov](http://mass.gov) "Building Strong Support for Elders"



### A Misunderstood Disorder

Post Traumatic Stress Disorder is one of the most misunderstood psychological disorders in recent medical history. There are so many people afflicted with PTSD and yet the disorder is underdiagnosed. All too often victims of the disorder are taught to regard their symptoms as "normal" phenomena everyone experiences. Despite these misconceptions PTSD is a real disorder affecting millions around the world. Traumatic experiences tend to leave a lasting impression on their victims. Whether we are talking about the horrors of war or the fright of a sexual assault the potential for post traumatic stress disorder is real.

### Identifying Post Traumatic Stress Disorder

As the name suggests PTSD occurs after a stressful event. There isn't a distinct type of stress exposure that certainly

leads to PTSD. Some people can experience a life threatening event without any lingering psychic effects and some will find themselves unable to cope. Those who experience trauma they can't cope well with are often but not always PTSD victims.

When PTSD is suspected a number of key symptoms can help eliminate other possible diagnoses. Victims of PTSD tend to "relive" the traumatic events in their life through flashbacks and memory "triggers". When in contact with something that reminds them of their trauma PTSD patients will try to avoid any interaction with the offending object. For example if a particular hat reminds a victim of someone who harmed them they will attempt to avoid interacting with anyone who wears that particular hat style.

### Treating Post Traumatic Stress Disorder

While PTSD can have a severe impact on the lives of those afflicted with the disease and their loved ones there are ways to treat the disorder through psychotherapy and psychiatry. Therapy in particular can address the overlying symptoms of PTSD such as overreaction to triggering stimuli by helping sufferers desensitize themselves. Although PTSD is not considered a hereditary disorder there is a strong genetic component to the disorder. Genetics may account for 30% of the variance of post traumatic stress disorder. For this reason many persons with PTSD may need the assistance of psychiatric medicine.



## Thank you for your Support!

DASAS would like to thank everyone who made a donation to our organization since our last issue. We would also like to thank our anonymous donors. We apologize if we have inadvertently missed anyone.

Bev Green	Myrna Harper	Hillside Perk –Culbertson
Ernestine Smith	Paul Martin Estate	First Congregational Church Women’s Fellowship
Nancy Mousel	Fraternal Order of Eagles #2769 Benefit Fund	Southwest Rockin Riders
Dee Premer	Eagles McCook Auxiliary #2769	McCook Christian Church
Peg Smalley	Farrell’s Hallmark & Pharmacy	Haigler Methodist Church & United Methodist Women’s
Adam Powers	St John’s Lutheran Church McCook	United Methodist Women of Wauneta UMC
Janelle Metcalf	Horizon Bank McCook	
Karen Harford	Quick Stop—Arapahoe	

## Thank you to all the Sexual Assault Awareness Denim Days Supporters

**DASAS would like to give a special thank you to everyone who contributed to our Denim Days Fundraiser. We were able to raise just over \$4000 with the participation from 43 organizations and businesses. All funds will go to assist victims of sexual assault and child abuse in the seven counties we serve. A big thank you to each of them:**

Arapahoe Public Schools	AmFirst Bank Insurance—Benkelman	Horizon Bank—McCook
Southwest Jr/Sr High School	Dundy County Hospital—Benkelman	J.L. Construction—McCook
Southwest Elementary	The Dub—Benkelman	Jeffers Shelter Insurance—McCook
Cambridge Public Schools	First Central Bank—All locations	Knowlen & Yates—McCook
Hitchcock County Elementary	Mark’s Pharmacy—Cambridge	Longnecker Jewelry—McCook
McCook Elementary Schools	Twin Valley Public Power District- Cambridge	McCook Clinic
Southern Valley Schools	Eustis-Farnam Parish	McCook Hearing Aid Center—McCook
State Bank of Bartley	Adams Bank & Trust—Imperial	New Life Bookstore—McCook
Furnas County Courthouse	Pinnacle Bank—Imperial	Orschelin’s McCook
AmFirst Bank—Benkelman	S & P Liquor—Imperial	State Farm Insurance Linda Maiden-McCook
	Shari’s—Imperial	Wells Fargo— McCook
	Tequila’s—Imperial	Lanessa Wickizer
	Adams Bank & Trust—Indianola	Community First Bank—Trenton
	Stewart’s Tax Service—Indianola	Eldorado Manor Nursing Home—Trenton
	Community Hospital—McCook	Grand Chapter of Nebraska Order of the Eastern Star (Eureka Chapter #86 in McCook)
	Debra Wilcox CPA– McCook	
	Gary’s Country Peddler—McCook	

### Wish List DASAS

- |                           |                           |                                 |
|---------------------------|---------------------------|---------------------------------|
| Baby Wipes                | Clorox/Lysol Wipes        | Pizza Pans                      |
| Diapers - Size 3, 4, 5, 6 | Silverware                | Tampons                         |
| Laundry Soap/Dryer Sheets | Cookware                  | Towels                          |
| Dish Soap                 | Cooking Utensils          | Non-Perishable Foods            |
| Antibacterial soap        | Cleaning Supplies         | (Please check expiration dates) |
| Toilet Paper/Paper Towels | Hand Sanitizer            | Copy Paper                      |
| Kleenex                   | Trash Bags— Kitchen Size  | Bottled Water                   |
| Ziploc bags               | Baking Pans/Cookie Sheets | Forever stamps                  |



**Big Give is coming.....  
November 9th.**

# Domestic Abuse/ Sexual Assault Services

407 W. 5th Street  
P.O. Box 714  
McCook, NE 69001

Business Phone: (308) 345-1612  
24 Hr. Crisis Line: 345-5534  
or 1-877-345-5534  
www.dasas.net

## **DASAS Staff**

Donna — Executive Director,  
Email: dgoad@dasas.net

Kathy — Office Manager/Victim Advocate,  
Email: das@dasas.net

Misti — Legal Advocate,  
Email: misti@dasas.net

Shelly — Community Educator,  
Email: shelly@dasas.net

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## **DASAS Board of Directors**

Peg Smalley — President

Tracy Flaska — Vice President

Karen Van Kooten-Wall — Secretary/  
Treasurer

Cathy McDowell

Peg Smith

Ernestine Smith

## **Help is available 24 hours a day!**

**All services are free and confidential!**

- \* 24-Hour Crisis Line
- \* Crisis Support
- \* Medical Advocacy
- \* Economic Advocacy
- \* Legal Advocacy
- \* Emergency Shelter & Food
- \* Emergency Transportation
- \* Community Education/  
Prevention Programs
- \* Information & Referrals

For services in Chase, Dundy, Frontier, Furnas, Hayes,  
Hitchcock and Red Willow counties

**Call: 345-5534 or (877) 345-5534**