

Embrace Quarterly E-Newsletter
Spring 2018



April is National Sexual Assault Awareness Month

"And then I was grabbed. That man was very strong. I wasn't kissing him. He was kissing me," wrote Greta Zimmer Friedman recalling the day in 1945 when a drunken sailor named George Mendonsa sexually assaulted her in Times Square. George says he was so drunk, he doesn't even remember the kiss. Greta says she'll never forget it.

Rape Culture is when a sexual assault becomes a widely adored and iconic symbol of "romance" worthy of 25 feet tall sculptures and group reenactments almost 75 years later. Our culture sells dangerous myths about romance that glorify and excuse predatory male behavior. It's everywhere—from threatening advances in the beloved Christmas song *Baby, It's Cold Outside* to the alcohol-facilitated rape and stalking depicted in numerous romantic comedies like *Sixteen Candles*, *Superbad* and *Love Actually*. As described in [Vox](#) on why predatory male behavior, including Aziz Ansari's actions of repeatedly pushing for sex without noticing or caring what his date wanted, seems so ordinary: "Boys learn at a young age, from pop culture, their elders, and their peers, that it's normal to have to convince a woman to have sex, and

that repeated small violations of her boundaries are an acceptable way to do so—perhaps even the only way.” These violations are not acceptable.

For Sexual Assault Awareness Month this April, join Embrace in breaking down Rape Culture by raising your voice and taking action to teach consent and challenge gender roles. Mark your calendars and get involved in Embrace's Sexual Assault Awareness Month activities!

- Tuesday, April 3rd is SAAM National Day of Action: Embrace your voice for change by wearing teal on April 3rd! Post your photo to Facebook and Instagram with #SAAM and #EmbraceWI.
- Wednesday, April 25th is [Denim Day](#): Wear denim to show your support for survivors and serve as a conversation-starter for important issues about consent and respect. Post your photo to Facebook and Instagram with #DenimDay and #EmbraceWI.
- [April 10th](#) and [April 19th](#) Darkness to Light Child Sexual Abuse Prevention Trainings Awareness and Information Displays at the local libraries throughout the tri-counties.
- April 16th through the 20th Embrace advocates will stop by local businesses with posters as part of the "Every Bathroom Stall" tri-county outreach campaign.
- All month long, check out local bar and restaurants participating in the "Consent Is... Coaster Campaign" and get a specialty teal drink to help raise awareness that "Your Cup ≠ Consent."
- Throughout April, stop by SaLona, Visions, Razors Edge, Polish Parlour and All About You to get a teal manicure and teal hair extensions to start conversations about SAAM and consent!

Source: The True Story Behind the Iconic V-J Day Sailor and Nurse Smooch, New York Post; Photo Credit: NY Daily News

Quick Links

[Donate](#)
[Programs & Advocacy](#)
[Careers](#)
[Annual Reports](#)
[Embrace Wishlist](#)
[Volunteer](#)
[About Us](#)
[Archived Newsletters](#)
[Board of Directors](#)



Program Highlights



Help Wanted: New Board Members!

The Embrace Board of Directors is actively seeking passionate, diverse and experienced board members representing Price, Washburn and Rusk Counties to help guide and govern the nonprofit organization that provides domestic and sexual violence advocacy services as it grows. Interested in learning more about this volunteer opportunity? Check out the board member job description and learn how to apply by clicking the link to the right. [Read More >>](#)



Seamless Services Environment from Embrace and Washburn County Health and Human Services

In early March, Embrace and Washburn County Health and Human Services (WCHHS) signed into practice an agreement that will bring best-practices of agency cross-training, coordination of services, consulting, warm referrals, and conflict resolution protocols to Washburn County. By participating in this agreement, all partners are expressing their commitment to work as equals within their own unique roles to accomplish their mission while understanding that addressing the roots of these social and systematic problems requires... [Read More >>](#)



Welcome, Wayne and Heidi!

Please join Embrace in welcoming our two newest staff members, Wayne and Heidi! Wayne supports survivors in Embrace's Safe Shelter as the Domestic Violence Advocate, and Heidi leads the Sexual Violence Program in the Price County Outreach Office as the Sexual Violence Program Coordinator. [Read More >>](#)

Multidisciplinary Homicide Prevention Training in Ladysmith

On Tuesday through Thursday, April 24th to the



26th Embrace will be hosting the Homicide Prevention Through Domestic Violence Intervention training sponsored by the Wisconsin Violence Against Women Act Justice System Training Program. The FREE training will take place from 8:00am to 4:30pm each day at Indianhead Community Action Agency in Ladysmith. [Read More and Register >>](#)



Survivor Story: Letter from a Community Partner

"Hi Embrace, I just wanted to check in and see how things are going with you and Monique*. I don't need details, but I thought I would pass along a few things I have noticed since she started seeing you: She has decided that she wants to improve herself... She is currently not failing any of her classes. Pretty awesome (and HUGE gains) to see in her. :)" [Read More >>](#)

"Not why the addiction, but why the pain." — Gabor Maté



[Get Help](#)[Our Work](#) »[Get Involved](#) »[Who We Are](#) »[Donate](#) »

Newsletter

March 2018 E-Newsletter

[Help Wanted: New Board Members!](#)

The Embrace Board of Directors is actively seeking passionate, diverse and experienced board members representing Price, Washburn and Rusk Counties to help guide and govern the nonprofit organization that provides domestic and sexual violence advocacy services as it grows. The Full Board of Directors meets on the fourth Thursday of every other month at 9am, and the Embrace Executive Committee meets monthly. Board meetings are scheduled to take place on a rotating basis in all three counties across the Embrace service area and phone conferencing options are available to support busy schedules. Ideal board members will have a commitment to fulfilling the [Embrace Board Director Job Description](#), be willing to offer an average of four hours a month to support the organization, a connection to the movement to end domestic and sexual violence, as well as a connection to the rural, tri-county service area of Washburn, Price and Rusk counties in Northwestern Wisconsin.

Interested in joining us? Please submit your resume and letter of interest to the Executive Director, Katie, at katie@embracewi.org. Have further questions? Feel free to email Katie or call at 715-532-6976, or stop in to join the Board for one of our monthly meetings—they're open to the public!

[Seamless Services Environment from Embrace and Washburn County Health and Human Services](#)

In early March, Embrace and Washburn County Health and Human Services (WCHHS) signed into practice an agreement that will bring best-practices of agency cross-training, coordination of services, consulting, warm referrals, and conflict resolution protocols to Washburn County. Embrace and WCHHS recognize the significant overlap of domestic violence and sexual assault with mental health services, alcohol and other drug abuse, economic support, adult protection, public health, and child maltreatment. By participating in this agreement, all partners are expressing their commitment to work as equals within their own unique roles to accomplish their mission while understanding that addressing the roots of these social and systematic problems requires a respectful, shared response. Together, we will prevent missed opportunities for Washburn County residents in need of services and increase positive outcomes for our communities. Collectively coming together across agency disciplines will allow a seamless service environment to be created.



Pictured above in the back row from left to right is Jessica Christianson – Sexual Violence Program Coordinator (Washburn), Brittny Olson – Domestic Violence Program Coordinator (Washburn), Joan Fisher – Family Services Supervisor of Washburn County Health and Human Services, and bottom row is Jim LeDuc – Director of Washburn County Health and Human Services.

Welcome, Wayne and Heidi!



Heidi Hesthaven, Sexual Assault Program Coordinator in Price County

I am originally from Aledo, Illinois and I grew up as the daughter of the Director of Probation for our county and a part time police officer. I graduated from high school and joined the United States Navy as a Navy Cook. I flew all over the world with Admirals and Captains and was deployed several times to Iraq and participated in Operation Desert Storm/Shield. I also went on a world cruise through the Suez Canal and the Panama Canal, and spent 3 years living abroad in Naples, Italy. During my 20-year career, I served as a Sexual Assault Victims Advocate as well as the Sexual Assault Victims Advocate Coordinator. I also served as the Drug and Alcohol Program Adviser and the Suicide Prevention Coordinator.

After retiring from the US Navy, I received my degree in Massage Therapy/Energy Techniques including Trauma Touch/Polarity and Reiki. I worked as a Licensed Massage Therapist for 4 years while finishing my degree in Applied Behavioral Science through Central Texas College, San Diego Mesa College and Ashford University. Shortly after graduating, I was hired at the VA Hospital in Seattle, Washington as a Patient Escort but soon after was hired as a Psychiatric Technician at Madigan Army Hospital Joint Base Lewis McChord in Seattle, Washington. I worked for 3 years with Active Duty Military members in a 28-day inpatient alcohol and substance abuse rehabilitation facility. I conducted groups such as anger management, seeking safety, problem solving, relapse prevention, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy and many other behavioral modification type groups. I also worked with military dependents who were diagnosed with many different types of mental illnesses as well as those who had survived sexual assault or domestic violence.

In my spare time I love spending time with my family off-roading, camping, fishing, and many other outdoor activities. I love to read, write fiction suspense romance, cook, watch football (Chicago Bears and Seattle Seahawks) and work out.

Since arriving in the area from Seattle we have enjoyed seeing family and spending time getting to know the area. I have been busy preparing for Sexual Assault Awareness Month, working with survivors, working on outreach projects, and attending groups at the schools. I am very excited to be a part of the Embrace family and the community.

Wayne Crump, Domestic Violence Advocate in the Shelter

Before my retirement and coming to Embrace, I was Chief of Police in a small, rural area similar to Ladysmith. While working in Law Enforcement, there were particular cases and survivors that had impacts on my life. In Law Enforcement, I made it a point to work very closely with the District Attorney's Office. I partnered up with them because I knew in order to provide offender accountability, the prosecutor and I needed to work as a cohesive team in order to prosecute the offenders more efficiently as well as effectively. This departmental relationship also reflected a positive causal effect that reflected the number of guilty pleas as compared to actual trials. Better reporting to the DA, as well as equipping the survivor with the necessary tools and services that were available by both Law Enforcement and advocates, resulted in more guilty pleas. Another positive, with working so closely with the DA, was it resulted in less time spent in trials or dismissals of cases. While working with survivors and with the follow-up, I helped them get No Contact Orders, explaining the way the legal system worked, where to file documents, etc., or just simply being there as someone to listen to them. The opportunity to work directly with survivors and work within the justice system on another level led me to my interest in advocacy and working at Embrace.

In addition to my work experience, I also received my Bachelor of Science Degree in Criminal Justice from UW – Superior and a Master of Arts Degree in Criminal Justice from Mt. Mercy University located in Cedar Rapids, Iowa.

Since coming to Embrace, I have been very fortunate to get excellent training in diverse cultural backgrounds, which in turn allow me to better serve survivors. In my position at Embrace, I absolutely love the fact that I can make an actual difference in people's lives. When I talk with survivors here at Embrace, I've been putting my Motivational Interviewing as well as Solution-Focused Brief Therapy training to use. I have acted as a Counselor, Advocate, aiding survivors with Food Share and Housing Applications, and Court Advocacy.

My personal interests include, hunting, fishing, old classic cars, antiques, and spending time with my wonderful wife Valarie, and our 3 rescue dogs- Fiona, Norton, and Gerard Butler.

Survivor Story: Letter from Community Partner

“Hi Embrace,

I just wanted to check in and see how things are going with you and Monique*. I don't need details, but I thought I would pass along a few things I have noticed since she started seeing you: She has decided that she wants to improve herself; I have not had to speak with her in the past two weeks about appropriate dress; She is currently not failing any of her classes. Pretty awesome (and HUGE gains) to see in her. :)

Also, I have a few students that I think would benefit from seeing you, as well. I know you are pretty busy, but if you have the availability that would be great. One student you saw in groups last year. She talks highly of you, and I think she could use some more positive influence. (She also talks about how so many boys want to date her, etc. and she has very low importance placed on school). Another student that I am not sure if you have worked with, but has a history of being sexually assaulted and also does not view school as important, has a pretty negative attitude, and doesn't consider being sexually active or becoming pregnant as an issue. Anyway, let me know your thoughts.

Also, I just wanted to thank you for all the work you do for our students. You ladies do such an amazing job, and I am so thankful to have you here at the school!

School District School Counselor”

*Pseudonyms used to maintain survivor confidentiality.

General Info