

Making a *Difference*

“Fostering safety, hope, and healing through advocacy, intervention and education.”

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2014—A Year in Review...

As we near the end of 2014 and reflect on the past year, we think of all the men, women, and children we have been able to serve, the intervention to crisis we've provided, and the safety and hope that has been fostered for families in need. Without the support and generosity of compassionate individuals and businesses in our community and surrounding area, we would not have been able to accomplish our mission. There are numerous outreach opportunities, community events, and fundraisers we participated in and hosted throughout the year as well.

The first quarter of the year was spent planning our 24th Annual Banquet and Auction which ultimately took place in April. Many hours of planning and effort go into this event – our largest of the year – so we were thrilled to experience record breaking ticket

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In The *Know*

Violence and Abuse in the Media

A Word from our Executive Director:

It seems as though every time you turn on a television you hear about abuse, violence and crimes being committed.

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A Word From *LCRC*

Spotlight on Staff

Each quarter we highlight an LCRC Staff Member. This quarter, get to know Jesi Smith.

What is your role at LCRC? Positive Connections Program Dir.

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Making a *Difference* *Continued...*

sales and fundraising. February brought us a very successful "Giving Hearts Day" - a day of online giving in Minnesota and North Dakota sponsored by Dakota Medical Foundation. In an effort to reduce expenses, we partnered with three other Detroit Lakes non-profits to pool marketing and staff resources. Teen Dating Violence is recognized in February, so staff focused on getting into area high schools and sharing information about healthy relationships as it pertains to teen dating.

The 2nd quarter of the year began with hosting our 24th Annual Banquet & Auction at the Holiday Inn. We had great fundraising success and a LOT of fun with all who attended. **(Our 25th Annual Banquet is April 10th, 2015—save the date!)** April is also Sexual Assault Awareness month, so in addition to fundraising, we were able to spend time providing community outreach to the students at MState as well as the community at large via publications and media.

In May we formed a committee and jumped into planning another event – a Fundraising Auction comprised solely of donated items. May was also the perfect month to host a kick-off event for our new Kinship Program. "Birds & Blooms" took place at La Barista and was a great opportunity for the community to learn about this new mentoring program for children needing a positive role model in their lives. In addition, we co-hosted the Annual Dove Conference in collaboration with White Earth on May 6th. This vital conference brings speakers from all over the U.S. to provide essential education, resources, and training to those in our field as well those in education, foster care, and law enforcement. It also continues to serve as a networking opportunity for professionals to share best practices as to how to best serve victims of violence and crime.

The Fundraising Auction planning and heavy lifting culminated in the 3rd quarter on August 16th. Thanks to generous donors, we were also able to raffle three prizes which were awarded following the auction. For the 8th year in a row, we charged through the crowds at We-Fest for our annual bucket drive. We then moved right into planning our Annual Children's Breakfast as well as Give to the Max Day taking place in October and November.

The last quarter of the year is notoriously busy with the holidays, those needing aid, and those offering to sponsor families for Christmas. In addition to hosting the Children's Breakfast and Give to the Max Day, we also connect sponsors with families whose children typically go without. We were proud to again be selected as the recipient of the Payless Gives grant which allowed us to host an event in which our clients could obtain boots and shoes for their children.

Over the course of the year, our staff provided numerous presentations on topics ranging from Elder Abuse to Domestic Violence to Bullying Prevention. To give back to the agencies and individuals that support us, we participate in the Salvation Army's Red Kettle Campaign, the United Way Payroll Drive, the United Way Community Celebration, and the Week of the Young Child among many other community events. Thank you for supporting us & please stay tuned for a busy 2015!

In The *Know*

Continued...

Whether it is Adrian Peterson and his physical punishment of a four year old child or Ray Rice knocking out his fiancé in an elevator, domestic violence and child abuse are certainly not limited to the professional game of football. It is clear there are some unsettling trends and statistics coming out of this media attention.

To the casual observer it seems like there has been a sudden burst of abusive and assaultive behaviors. Those who have worked tirelessly in the battered women's and domestic violence movement for the past three decades don't find this surprising at all – in fact, it has been predictable.

Peterson and Rice are two of millions of child and spouse abusers who love their families and can learn from their mistakes if provided with healthy information and support early enough. The average child abuser or spouse abuser isn't dirty, disheveled, reeking of alcohol or on drugs. Child and spouse abusers are corporate CEOs, actors, business owners, teachers, truck drivers, physicians, nurses, basketball heroes, journalists, computer programmers, and your next-door neighbors.

They are dads and moms who have a hard time controlling their emotions when they're under stress because all too often, they themselves were abused. Nobody helped them when they were young and impressionable kids and nobody is helping them as adults.

Plain and simple, childhood trauma is the nation's largest public health problem. The CDC's Adverse Childhood Experiences Study (ACE Study) shows that childhood trauma is very, very common. (ACE surveys in 22 states echo the results.) And this childhood adversity causes violence, including family violence, as well as the adult onset of chronic disease and mental illness.

By learning about the science of childhood adversity and following the lead of many other health-related organizations that are becoming more trauma-informed, organizations like the NFL could learn how to offer the right kind of support and resources to help their players and their families lead healthier, safer lives.

If there is a bright spot in all these news stories and the heightened awareness, it has to be in the fact that the issue is finally being "named" and it has started a national conversation that has been needed for decades. Let's hope the national conversation continues!

A Word From *LCRC*

Continued...

What does that entail? I oversee the visitation center. My job duties range from scheduling visitation/exchanges, Invoices/billing, supervising visitation/exchanges.

How long have you been with LCRC? I have been with LCRC since 2009. I have been the Positive Connections Program Director since October 2013. Prior to that, I was a Positive Connections Facilitator.

What is the most rewarding part of your job? Watching a family change and observing a family become healthy and improve the overall dynamics of the family relationships.

What is the most challenging part of your job? Seeing the hardships and struggles families face and witnessing the emotional stress and toll the situations have on children.

What is your background? I was born and raised in Detroit Lakes. I attended college through Southwest Minnesota State University out of Marshall, MN. and have a Bachelor's degree in Early Childhood Education. Previously, I worked as a substitute teacher and as a teacher assistant with Mahube Head-Start. My husband and I are licensed for Foster Care.

What is your dream vacation? I have always wanted to see Alaska. Our family loves the outdoors and our vacations generate towards camping, fishing trips and hiking.

What is your favorite food? Pancakes are my favorite food. They are good at any meal!

Who is the most influential person(s) in your life? My Grandmother. She is an amazing woman who has supported me in all my journeys.

What brought you to LCRC? I needed an administrative internship for college. I called the previous director of Positive Connections and asked if it would be possible to complete my internship with LCRC. When my internship was completed, I was offered a part-time position.

Do you have a favorite childhood memory? Walking in the woods with my Dad. He had a lot of patience and always stopped to answer my questions. He would teach me the types of trees, point out animal tracks and other various signs of nature. He would repeatedly tell me to listen for deer as I talked non-stop through our adventures.

Circle of Angels



The **Circle of Angels** is a special group of individuals who come together in support of local women, men, and children by providing a planned, consistent, monthly gift. Monthly giving is just as helpful for our clients' needs, and less of a strain on donors. Monthly gifts of \$20 are just as helpful as yearly gifts of \$240. *Did you know:*

- 95% of all money donated to LCRC goes to the needs of our clients. Only 5% goes to management and fundraising.
- Lakes Crisis & Resource Center provided 11,037 services to 2,422 adults and children in the past year.
- LCRC provides a 24 hour Crisis Hotline for Becker County and surrounding communities.

Join the Circle of Angels and help us eliminate violence in the lives of others. Your planned monthly gift is transferred automatically around the 15th of the month with no hassle to you. If you would like more information regarding joining this elite group of caring individuals, please contact Anna at 218-847-8572 or emailing: annas@lakescrisis.com.

WISH LIST

- Dish cloths/towels
- Cleaning supplies
- Pillows
- Digital camera & bag
- Boys size 3T & 4T clothing
- CD player
- Children's music CD's
- Children's shoes and boots
- Children's educational DVD's
- Queen & single size air mattresses
- Vaporizers
- Tabletop humidifiers

MARK YOUR 2015 CALENDARS!

- February 12th - Giving Hearts Day
- April 10th - 25th Annual Banquet & Auction

Merry Christmas
from all of us at
Lakes Crisis &
Resource Center!

