

# Nami Migizi Nangwiihgan

Domestic Violence, Sexual Assault, & Stalking Services



October 2015



## Women's Support Group

The 3rd Tuesday of every month at Behavioral Health 5:30-7:00 p.m.

-Dinner Provided  
-Transportation & Child Care provided upon request.

Contact Us:  
(989) 775-4400

## Domestic Violence Awareness Month

Nami Migizi Nangwiihgan is aiming to bring attention to the effects domestic violence has on children. As many as **275 million children** worldwide are exposed to violence in the home. Children exposed to violence have added emotional stress that impairs their cognitive and sensory growth. In **50%** of domestic violence relationships, the children are also abused.



# #NMNDVAM

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## What is Domestic Violence?

Domestic violence, or intimate partner violence, is a pattern of assaultive and coercive behaviors including psychical, sexual, and psychological attacks.

## Who are the Victims?

Domestic violence can happen to **anyone** regardless of race, age, sexual orientation, religion, or gender. Domestic violence affects people of all socioeconomic backgrounds and education levels. Domestic violence occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are married, living together, or dating.

## Does Domestic Violence Happen in my Community?

- ◆ **American Indians experience per capita rates of violence** that are more than **twice** that of the U.S. resident population (Department of Justice).
- ◆ **39% of Native American women have been victims of intimate partner violence**, a rate higher than any other race (Futures Without Violence).

## Who are the Offenders?

The first thing to know about any abuser is that he or she typically appears normal. Abusers are not of a particular age, sexual identity, religion, income level, or race. Abusers come from all walks of life.

### The Forgotten Victims in the Home

Every year, hundreds of millions of children are exposed to domestic violence at home, and this has a powerful and profound impact on their lives and hopes for the future.

The devastating effects of domestic violence against women are well documented. Far less is known about the impact on children who witness a parent being subjected to violence.

Children who grow up in a violent home are more likely to be victims of child abuse. Those who are not direct victims have some of the same behavioral and psychological problems as children who are physically abused.



**The single best predictor of children becoming either victims or perpetrators of domestic violence later in life is whether or not they grew up in a home with domestic violence.**

Children who grow up with violence in the home learn early and powerful lessons about the use of violence in interpersonal relationships, and may even be encouraged in doing so.

## SOME OF THE BIGGEST VICTIMS OF DOMESTIC VIOLENCE ARE THE SMALLEST

### What Children Need

- ◆ Children need a safe and secure home environment.

Violence in the home shatters a child's basic right to feel safe and secure in the world.

- ◆ Children need to know that there are adults who will listen to them & believe them.

Adults who work with children need the skills to recognize children exposed to violence in the home. Close, dependable relationships can also reduce the stress of living in a violent home.

- ◆ Children need a sense of routine and normalcy.
- ◆ Children need support services to meet their needs.

Responses to children exposed to domestic violence should be comprehensive and holistic.

- ◆ Children need to learn that domestic violence is wrong. They need to learn non-violent methods of resolving conflicts.

Schools are key in the implementation of strategies to reduce aggression and violence.

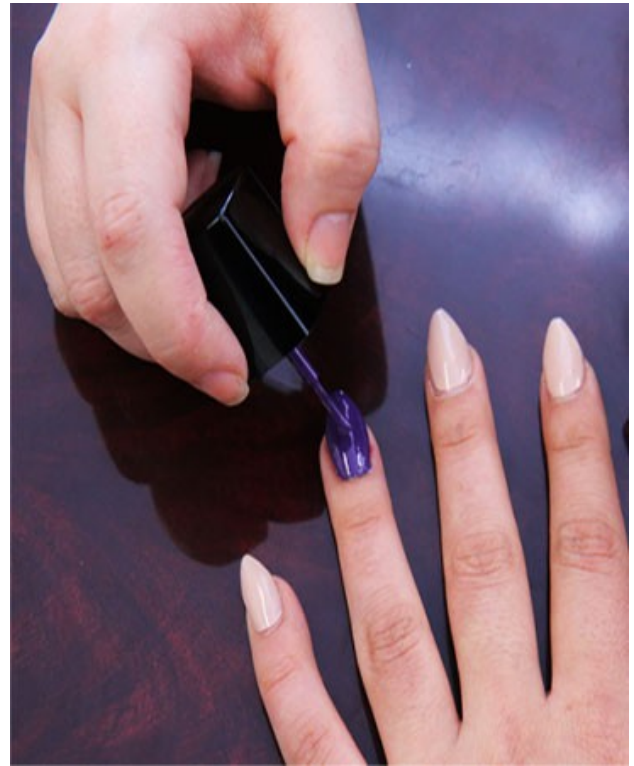
- ◆ Children need hope for the future.

Children need to know that things can change and violence in the home can end.

# #PutTheNailInIt

Miss America 2015 Kira Kazantsev is the face of a new anti domestic violence movement campaign called Put The Nail In It. By painting your left ring fingernail purple, the color of the anti-domestic violence movement, you will be showing the world your vow to end domestic violence and support survivors. In addition to painting their left ring fingernail purple, people can also show their support by spreading the word on social media with **#PutTheNailInIt**.

**Paint your ring finger purple** and send Nami Migizi a photo! We want to see it. Be sure to use **#NMNDVAM** when sharing on social media.



## The NFL Takes the Pledge

Last October, the NFL was all over the headlines with the Ray Rice domestic violence scandal. The NFL has since made domestic violence education a requirement. All 32 NFL teams received an hour-long education session by the end of the preseason.

This year's education program differs from the 2014 sessions provided in the aftermath of the league's domestic violence crisis last season. The emphasis a year ago was about basic definitions. The current iteration is meant to be a natural progression, with a focus on how these type of crimes impact victims, perpetrators, and their families and teams.

The constant theme is how players can intervene if they believe a family member or teammate is in an abusive relationship, as a victim or perpetrator.

The NFL's VP of wellness and clinical services stated, "These issues thrive in the darkness, and we're trying to shine a light on these issues by doing something that hasn't generally been done a lot — which is having conversations about these topics and talking about what kinds of things you can do to speak up and speak out."

Quinton Coples, an American football outside linebacker for the New York Jets took the pledge and **#PutANailInIt**. Will you?

## Testament

What are wounds  
Pictures of my soul in symbols  
Letters from a heart that is so sore  
It only wants to write beauty.

Past is past  
Healing is today  
Moving on is tomorrow  
Words could never hold all of the pain.

Words were most often  
SHOUTED  
They were never a soft caress  
Nor the sound of praise.

Maybe that is why  
My words flow best  
When they capture the beauty  
Of the life I surround myself with.

Words are my escape  
My grasp on the future  
My joy at having survived  
All the ugly words of the past.

Words are my lifeline  
My celebration  
Ecstasy of recovery and rebirth  
In my ancestral homelands.

I can soar with eagles  
Dance in the reflections of the river  
Drown in the smell of cedar.  
Bask in the warm sun.

All because I survived  
All because I can touch Life.

Touch Nature with my mind.  
Sing to Her with my words.

The healing is here  
In the letting go of old words, old wounds  
As I sing the beauty of life  
I need no testament to pain.

**-Judi Brannan Armbruster (Karuk)**

SHATTERED  
LOVE  
BROKEN  
LIVES

Too many "Ifs"  
Too many "Whens"  
Too many "Sorrlys"  
And "NEVER AGAINs"  
Too many "Promises"  
Too many "Lies"  
Far too many "One More TRIES"  
How many were there,  
Before I knew  
That ACTIONS speak louder  
Than PROMISES do?

According to the US  
Department of Justice, 70%  
of the violent victimizations  
experienced by American  
Indians are committed by  
persons not of the same  
race.

# From Women Who Experienced Violence

## “Mommy’s boyfriend hurts her...”

Five-year-old Michael said these words to his teachers during his first week at school. His teachers were startled. Usually, they listened to students talk about summer vacation – not hear a student tell them that his mother’s life was in danger. They contacted Michael’s mother, Daphne, to report what her son had said.

They discovered Michael was right. As Daphne told us about her life, she told us she was shocked to hear that Michael knew what was happening to her. For two years, her boyfriend had routinely assaulted her, yet she never called police. She described a harrowing relationship in which her boyfriend was both physically and sexually abusive, in front of his friends. Daphne told us that once, during a brutal assault, she screamed so loudly that neighbors called the police. Her boyfriend left before the police came. When they asked her what happened, she lied and told them that she and her boyfriend were just arguing.

In spite of such horrific behavior, Daphne’s boyfriend was careful never to attack her in front of her child. Still, he often threatened to hurt Michael if she ever told anyone about the abuse. Daphne was terrified of what he might do to her son, so she stayed silent and suffered. Daphne had been trying for two years to contact her parents, Michael’s grandparents, without success. When she finally reached them, she learned that they had been desperately trying to reach Daphne, too ... but Daphne’s boyfriend intercepted their calls so they could never talk to her.

It may surprise you to know that **children do recognize domestic violence and abuse** when they see it. In homes where domestic violence takes place, between **80 to 90 percent** of children in those homes not only know about the abuse, but can describe it in detail.

Children will also often try to stop violence when they see it happening to a parent - and **the consequences to children can be tragic**. Yet like Michael, they cannot just watch their parent get hurt. Michael decided to be brave and tell his teachers about it instead. His teachers helped Daphne get in contact with a domestic violence organization who assisted her.

Daphne and Michael found the chance they needed to escape violence and abuse because Michael spoke up. Thanks to his young voice, he and his mother can now live their lives with brighter, safer futures. **Domestic Violence Affects the Whole Family!**

## Food For Thought

An estimated three million children witness violence against their mothers every year, and many come to believe that violent behavior is an acceptable way to express anger, frustration, or a will to control. These children are at an increased risk of adopting these same violent behaviors in their interactions with their children and partners. **How will you restore harmony and balance to help your community break-out of the Multigenerational Trauma Cycle?** We must ensure future generations are not lost in the cycle.



**Nami Migizi Nangwiihgan**

**989 775-4400**

# Black Dot Campaign



## Black Dot Campaign

A subtle campaign is enabling victims of domestic abuse to ask for help, without having to speak out. The Black Dot Campaign encourages victims to draw a simple black dot on the palm of their hand as a silent plea to those who may be able to help them. This campaign was created to assist the most vulnerable victims, those who cannot speak out for fear of greater harm.

The campaign was launched by a domestic violence survivor who says she experienced physical, emotional and sexual abuse. She says her experiences inspired her to launch the campaign, "as so many people suffer in silence because they cannot ask for help".

Victims in need simply draw a black dot on their hand so agencies, family, friends, community centers, doctors, and hospitals can recognize this person needs help but can not ask for it."

**If you recognize a black dot, please do your part by referring the individual to Nami Migizi Nangwiihgan.**

Domestic violence is one of the most chronically underreported crimes.



## Why Doesn't She Just Leave?

**This victim-blaming question is asked way too often. We should be asking ourselves "Why is he doing this?"**

"Eventually, it dawned on me that the people who ask the question are not waiting for an answer. They are making a judgment. The question, which is not a question at all, suggests that a battered woman's life is entirely in her own hands – that her abuser's actions are her problem, her responsibility. That what is significant is not the abuse itself, but her response to it. As though, after a bank holdup, we were to ignore the man with the stocking mask and semi-automatic, examining instead the bank teller, theorizing about her childhood, her family, her self-esteem. It is a trivializing question, a weary dismissal. It implies that the problem is not domestic violence at all."

-Elaine Weiss

Without a proper safety plan, women who leave their abusive partners are at a 75% greater risk of being killed than those who stay (National Coalition Against Domestic Violence).

If you or someone you love has been a victim of sexual assault, domestic violence, or stalking, you know how much they have been hurt. As a loved one you suffer too. Help is available for victims and their families. Please Call:

**Nami Migizi Nangwiihgan:**  
**989-775-4400**

**Behavioral Health Programs:**  
**989-775-4850**

**National Sexual Assault Hotline:**  
**1-800-656-4673**

**National Domestic Violence Hotline:**  
**1-800-799-7233 (SAFE)**



**Individual Counseling**  
**Case Management**  
**Support Group**  
**Group Counseling**  
**Transportation**  
**Cultural Sensitivity**  
**Confidentiality/Privacy**  
**Batter's Intervention**  
**989-775-4400**

## Paint the Rez Purple All October Long!

- ◆ Our Clothesline project will be on display all month in the Behavioral Health lobby.
- ◆ This year it is all about the purple!! Decorate your department office with as much purple as possible during the month of October. NMN will appoint judges who will make their rounds **Thursday October 29<sup>th</sup>**. May the purplest office win! **Register your department by contacting:** [bhuber@sagchip.org](mailto:bhuber@sagchip.org)
- ◆ Use **#NMNDVAM** on social media to help us track our outreach for the whole month of October!
- ◆ Don't forget to get your t-shirt! FREE while supplies last.

**Thank you for your continued support of Nami Migizi Nangwiihgan and support of those who are affected by Domestic Violence.**

## October Events & Happenings:

- ◆ **Paint The Rez Purple Color Walk/Run**  
Saturday, October 24<sup>th</sup> 11:00 a.m.  
Behavioral Health—2800 S. Shepherd Rd. Mt. Pleasant
- ◆ **Women's Support Group**  
**Activity: Creating T-shirts for the Clothesline Project**  
Tuesday, October 20<sup>th</sup> 5:30-7:00 p.m.  
Behavioral Health—2800 S. Shepherd Rd. Mt. Pleasant
- ◆ **Elder's Breakfast**  
Join NMN as we serve Elder's Breakfast!  
9:00 a.m. October 28<sup>th</sup> @ Andahwod
- ◆ **Paint the Rez Purple Office Competition**  
Judging will take place **Thursday October 29<sup>th</sup>**.  
The winner of each category will be announced **Friday, October 30<sup>th</sup>** and will be awarded a department breakfast or lunch (your choice) on **Friday November 6<sup>th</sup>**!  
**May the best department WIN!**

**Please Call: 989-775-4858 for more event information.**

\*If at any time you would like to be removed from our mailing list, or know someone who would like to be added, please contact: [bhuber@sagchip.org](mailto:bhuber@sagchip.org)

# Reese's Muddy Buddies

Total Time: 20 Minutes

## Ingredients

- 8 cups of Chocolate Chex cereal
- 1 cup roasted peanuts
- 2 cups of powdered sugar
- 16 oz Chocolate CandiQuick
- 1 cup Reese's peanut butter chips
- 1 8oz bag Reese's Minis
- 1 cup Reese's Pieces
- 20 Reese's Miniatures, halved

## Instructions

1. Combine Chex cereal and peanuts in a large bowl and set aside.
2. Divide powdered sugar into two large gallon size ZipLock bags; set aside.
3. Line a large baking sheet with parchment paper.
4. Break up CandiQuick and mix with peanut butter chips. Melt according to packaging instructions.
5. Drizzle the melted chocolate-peanut butter mixture over the top of the Chex & peanuts and toss gently. Make sure it is coated well.
6. Gently fold in the Reese's Minis.
7. Divide the mixture among the two powdered sugar filled gallon bags.
8. Close each bag tightly and gently shake until mixture is coated.
9. Spread the mixture onto the parchment paper and let it sit for 15 minutes.
10. Sprinkle on the Reese's Pieces & Reese's Miniatures.
11. Toss gently to combine.
12. Store in an airtight container for up to one week.

# REESE'S Muddy Buddies



## Craft Corner



## DIY Twig Letters

### Materials Needed:

- Glue Gun
- Hot Glue
- Wooden Letter
- Twigs
- Garden Sheers/Clippers

### Instructions:

1. Gather twigs outdoors.
2. Cut twigs to appropriate size (slightly bigger than letter).
3. Carefully place hot glue on the back of each twig and secure it to the wooden letter.
4. Continue to overlap twigs until the entire wooden letter is thoroughly covered.
5. Enjoy!