

The Insight

in sight ~ (n) an instance of

apprehending the true nature of a thing, esp. through intuitive understanding

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SELF-INJURIOUS BEHAVIOR

By: Krystal Ottersberg

Title: Victim Advocate

What is self-injury? Sometimes called "deliberate self-harm," "self-injury," "self mutilation," "cutting," or "non-suicidal self-injury", self-injury typically refers to a variety of behaviors in which an individual intentionally inflicts harm to his or her body for purposes not socially recognized or sanctioned and without suicidal intent (Favazza, 1996). While there are a variety of behaviors associated with self-injury, some of the most common are:

- Cutting and scratching
- Banging and punching
- Biting
- Carving, ripping, and tearing
- Ripping or pulling of skin or hair
- Burning and self bruising
- Swallowing of toxic substances
- Breaking bones

Individuals who self-injure often do so for a variety of factors such as those who show difficulty talking about their feelings, physical discomfort, or peer pressure. Self-injury is also linked to eating disorders, substance abuse, post traumatic stress disorder, borderline personality disorder, depression, and anxiety disorders. In clinical populations, self injury is strongly linked to childhood abuse, especially childhood sexual abuse (Brodsky, Cloitre, & Duil, 1995; Kolk, Perry, & Herman, 1991). Some warning signs are:

- Unexplained scars or marks
- Fresh cuts, bruises, or other signs of bodily damage, frequent bandages
- Physically or emotionally absent, preoccupied, or distant
- Social withdrawal, sensitivity to rejection, difficulty handling anger, compulsiveness

There are different ways to treat self-injurious behavior such as relaxation techniques, group and family therapy, antidepressants or anti-anxiety medications, and having different coping strategies. Should you come across someone who displays such behaviors you should not be judgmental, assess safety issues, don't tease or issue ultimatums, and telling someone to stop is not helpful. Recovery happens when the individual is ready to change their lives, begins to develop positive coping mechanisms, makes positive connections with others, and realizes what they are doing has an impact on others.

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WE NEED YOUR RESPONSE.....

Mail or e-mail?

In an effort to cut costs, Hope Crisis Center would like to begin sending our newsletter via email. However, we understand that some will still prefer our newsletter to be physically mailed to them and therefore we will continue to do so. If you are ok with receiving our newsletter via email, please respond to communityed2@hopecrisiscenter.org with your e-mail address in which you prefer our newsletter to be sent to. Also, if more than one person in your office or other family or friends would like to receive our newsletter, please include additional email addresses in your response. If you prefer that we continue to physically mail you our newsletter, we would also like a response from you so that you do not end up on our email distribution list. Thank you in advance for your help in assisting us to save some dollars. Again, we would like to hear from you. Please email your responses to communityed2@hopecrisiscenter.org or call 402-729-2570.

Fourth Quarter Donations 2009

The key to success for any agency is the support of the community. Support from community members takes on many forms. One form that is vital to the continued success of Hope Crisis Center in serving victims of domestic violence /sexual assault is financial. Here is a list of donors for the months of October, November, and December. Thank you to all who donated; your gifts are greatly appreciated. We apologize if we inadvertently missed listing you as a contributor.

- Deanne Huls – Fairbury, NE
- York Area on Aging – York, NE
- Leonard Korthals – Fairbury, NE
- Alexandria Presbyterian Church – Alexandria, NE
- United Methodist Church – Fairbury, NE
- Presbyterian Church – Fairbury NE
- Family Chiropractic – Beatrice, NE
- Patty Bitting – Beatrice, NE
- Holy Cross Lutheran Church – Beatrice, NE
- MOPS(Mothers of Preschoolers) - Hebron, NE
- St. Johns Lutheran Church – Beatrice, NE
- Chuck & Krista Stone – Endicott, NE
- St. Johns Lutheran Church Youth Group – Beatrice
- Bruce Rice – Seminole, Florida
- United Methodist Women – Hebron, NE
- Lexie Whitmore-FBLA Chpt. SCC – Beatrice, NE
- ACTS Group – Gage and Jefferson Counties
- Risky’s Bar and Grill – Beatrice, NE

Client Needs

It is not the sole responsibility of Hope Crisis Center to make the lives of victims safe. It is the responsibility of every community member to make victims’ safety a goal. We have to work together to achieve a violence-free community.

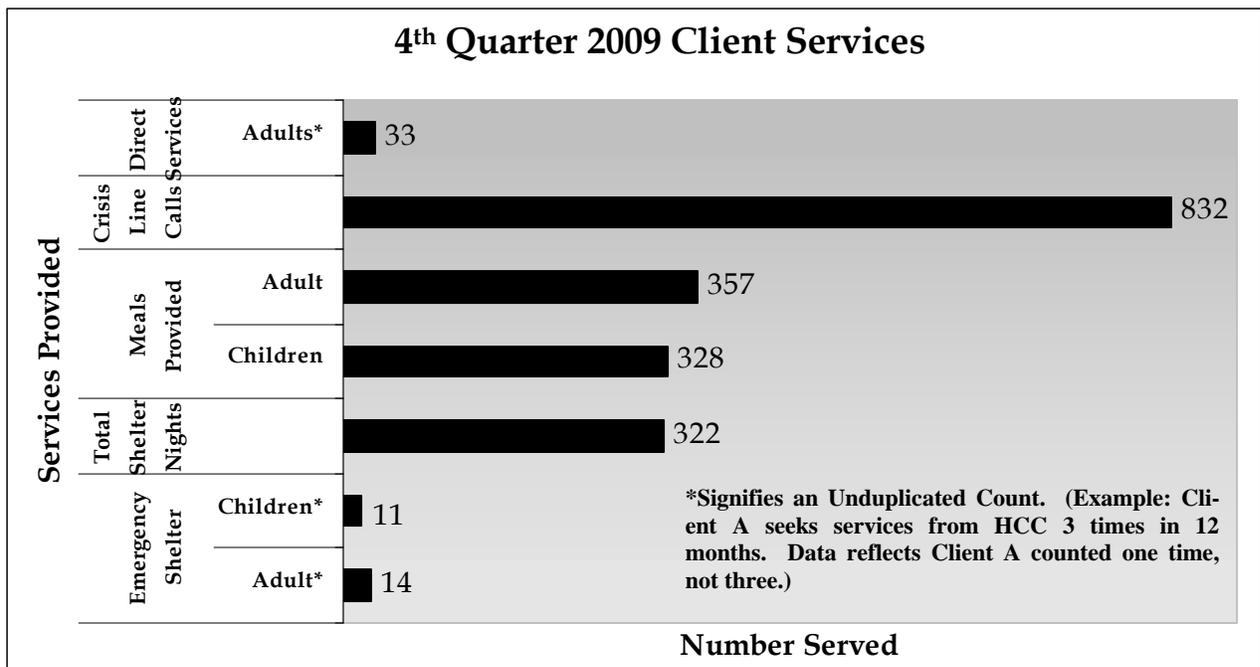
In order to help us better serve victims and children of domestic violence and sexual violence, we have included a list of needed items below. Your support and contributions are desperately needed and appreciated more than words can ever express.

Hope Crisis Center’s Wish List

- | | |
|--------------------------------------|------------------------|
| Monetary Donations | Pillows |
| Phone Cards | Blankets |
| Trash Bags | Diapers/Pull-Ups |
| Paper Plates | Deodorant |
| Gas Cards (Casey’s Cards) | Kleenex |
| Shampoo/Conditioner | Toothpaste |
| Plastic Silverware | Wal-Mart Gift Cards |
| Toilet Tissue | Paper Towels |
| Sports Bras (New) | Flip Flops (All Sizes) |
| Women’s & Children’s Underwear (New) | |
| Women’s & Children’s Socks (New) | |

If you or your organization would like to donate or volunteer, please contact our Administrative Office at 402-729-2570.

Client numbers – 4th Quarter 2009 (October, November, December)





By: Trudy Spicer (Information obtained from The National Center For Victims of Crime and Jodi Rafkin, JD)
Title: Community Educator

Stalking is a much larger issue than most people know. Nearly 3.4 million people are stalked annually with women being stalked nearly 3 times as often as men. Persons 18-24 experienced the highest rates of stalking. Nearly half of the victims experience at least 1 unwanted contact per week, but 11% have been stalked for five or more years. Can you imagine being afraid at every corner you turn? Thinking he/she is going to be there? What will they do next?

So what exactly is stalking? It is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. Things that appear very normal can have extreme effects on someone that is being stalked. The song "Build Me Up Buttercup" from the 1960's would not cause terror in most people, but that song was playing while a stalker raped his victim, for that woman the song makes her blood run cold. Stalking behaviors can include: following/surveillance, sending gifts, vandalism, stealing items, threats, targeting third parties, workplace stalking, physical/sexual assault, or protection order violations. Technology has enhanced the ability of stalkers to locate and terrorize their victims. These include: cell phones, GPS tracking systems, computer Spyware, cameras, e-mail, IM messaging, and social networking sites. Two thirds of stalkers contact their victims more than once per week and they use a variety of approaches to do so. Victims never know what approach the stalker will use next. This has a great impact on the victim's life causing them to feel embarrassment that they let this happen to them, frustration, anger, confusion, fear, anxiety, depression, difficulties with concentration, decreased ability to focus or perform at work or school, sleep disturbances, fatigue, and feeling on guard all the time or hypervigilance. One victim stated, "It's not easy to describe the fear you have when you see the stalker, signs of the stalker, everywhere you go. I have given up all hopes of ever having a safe life. For the rest of my life, I will be looking over my shoulder, expecting to see him there."

Stalking is an even greater threat on college campuses; over 25% of women and 11% of men have reported being stalked. College campuses offer the ideal environment for a stalker. Most of the students are of dating age, all aspects of life are offered in a contained community which allows for surveillance of victims and "coincidental" appearances, a semester is long enough for a stalker to develop an obsession with a classmate, with only a minimum of scheduled hours it leaves the stalker with lots of free time, and the use of social security numbers for many purposes makes getting personal information much easier. Stalkers are not that "stranger in the dark," most victims know their stalkers. Only one in ten stalkers are a stranger, 42.5% are current or former boy-friends, 24.5% are classmates, 10.3% are acquaintances, 5.5% a friend, and 5.5% are co-workers.

Stalking is unpredictable and dangerous. Every case is different so what works in one case may not work in another; but you can take steps to increase your safety. If you are in immediate danger call 911, trust your instincts because if you feel you are in danger you probably are, take threats seriously, don't communicate with the stalker or respond to attempts to contact you, and keep evidence of stalking such as e-mails, phone messages, letters, or notes. Contact a domestic violence/sexual assault agency such as Hope Crisis Center to help you develop a safety plan which could mean changing your daily routine, have friends or family go places with you, plan in advance what you will do if the stalker shows up at your house, work, school, and let people know how they can help by showing them a picture of the stalker and a description of his vehicle. Stalking is not a joke, it is a crime. Every state has stalking laws, you may have to get a protection order to keep yourself safe.

Hope Crisis Center Newsletter

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Hope Crisis Center is a non-profit organization committed to empowering victims of domestic violence and sexual assault as well as our communities through advocacy, education, and confidential emergency services.



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Website: www.hopecrisiscenter.org

If you would like to receive this publication as an e-version only, please e-mail Trudy at communityed2@hopecrisiscenter.org with your request.



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*If you would be interested in serving on Hope Crisis Center's Board of Directors, please contact Carmen at our Administrative Office(402) 729-2570.

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