



Newsletter

FAMILY SUPPORT C E N T E R

Summer 2010

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Contact us...

(715) 723-1138 or 1-800-400-7020
Fax: (715) 723-8460
www.familysupportcentercf.com

Calling People On Their Behavior Intervention Strategies

We sometimes find ourselves in public, or even with people we know, when

someone says or does something abusive. It might be a joke at the expense of someone, or one partner calling the other partner a cruel name, or even one person causing physical harm to another. Such actions are particularly troublesome if they happen regularly, such as the relative who always tells lewd stories about females, or one who constantly demeans his or her partner. We may want to say or do something, but are unsure of what that might be.

By ignoring offensive behavior, we have accepted and therefore reinforced such actions. This is especially true in families. If children are exposed to ongoing abusive behavior or destructive attitudes by the adults around them, they are learning that those actions and attitudes are normal. The children will then simply repeat what they have seen in their own relationships.

There are many effective strategies for calling others on their offensive behaviors or attitudes. We don't advocate anyone putting

themselves in danger and each situation must be judged by the person in it.

The "I" Statement

Focuses on your feelings instead of criticizing. Example: "I feel _____ when you _____. Please _____ (how you want them to change)."

Humor

Diffuses tension in an intervention. Use if you can be witty, but non-confrontational.

The "We're Friends, Right?" Statement

Makes a confrontation more friendly and non-critical. Example: "As your friend, I have to tell you that I'm worried about how you treat Chris."

The Group Intervention

When several friends or relatives confront someone on his or her abuse, it sends a strong message. This works best when someone has a clear pattern of being abusive. It emphasizes that many people have noticed the behavior and want to see change.

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Calling People On Their Behavior Continued from page 1

The “Bring It Home” Statement

Makes people think about the impact of their actions or hurtful words. Examples: “I hope no one ever talks about you like that.” “What if someone said that about your girlfriend/boyfriend/sister/brother/friend?”

Distraction

Most effective for strangers or “street harassment.” Example: Ask a man who’s harassing women on the sidewalk for directions or the time.

The Silent Stare

Sometimes a look can be more powerful than words to communicate disapproval.

It takes courage to call people on their harmful attitudes or behaviors. If we want to encourage healthy relationships, however, we need to identify what is unhealthy and make clear we don’t support it.

-Denise, Prevention Coordinator



An Evening of Entertainment

5th Annual Chi-Hi Talent Show

What an evening of fun! On March 26th, Chi-Hi held its 5th Annual Talent Show to benefit the Family Support Center. With 20 acts, there was something for everyone, including a cymbal/drum ensemble, singing, dancing and even juggling. Winners from the evening received great prizes! 1st place went to the “Forecast Juggling” team of Will, Jim, and Mike Schaller and Alison and Jasper Arneberg that included a Lady Gaga impersonation and unique juggling theatrics (See side picture). 2nd place was awarded to the songstress Lacey Quale. The singing duo of Rachel and Alison Arneberg with Will Schaller accompanying took 3rd. 4th and 5th place went to singer Mariah Shilts and piano soloist Bee Xiong, respectively.

These shows began in 2006. This year, Chi-Hi raised \$2,765 for the Family Support Center. We would like to thank all of the students, faculty, and participants for making the evening a great success.

-Amy, Resource Development Coordinator



*Above photo courtesy of
The Chippewa Herald*

LADIES* EVENING* EXTRAVAGANZA

what: Third Annual Ladies Evening Extravaganza to benefit the Family Support Center. Enjoy delicious food, Autumn Harvest Wine, Leinenkugel's Beer, music by Harpist Serena O'Meara, and raffles with amazing prizes.

when: Tuesday, September 7th
Doors Open at 5:30 pm

where: White's Wildwood Retreat
18059 County Hwy. 00, Chippewa Falls
Visit www.wwretreat.com for directions

Tickets:

\$35.00 Advance
\$40.00 At the Door
Early Bird Drawing
Deadline July 30th

Groups:

If you purchase your ticket in a group of 6 or more people, your group will be entered into a drawing for a prize.

RAFFLES ★ DELICIOUS FOOD
AMAZING PRIZES ★ MUSIC

To purchase tickets:

Call Family Support Center at 1-800-400-7020 or
Visit www.familysupportcentercf.com

Advance Tickets on sale until September 1st. Must be 21 years of age to attend.

A limited number of tickets are available. We cannot guarantee tickets will be available at the door.



All proceeds benefit the Family Support Center.
www.familysupportcentercf.com

Family Support Center is a
United Way member agency.





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Country Fest and Rock Fest Raffles

Family Support Center is having raffle booths at both Country Fest and Rock Fest again this year. An autographed acoustic guitar was raffled at Country Fest, and an autographed electric guitar will be raffled at Rock Fest.

If you attend the Fests, please stop by the booth in front of Leinie's Clothing & Stuff and purchase a \$2 ticket or 6 tickets for only \$10. Advanced raffle tickets for Rock Fest are available for purchase at the Family Support Center.

We would like to thank **Chippewa Valley Music festivals, the performing artists, Leinenkugel's, Miller Brewing Co., and Schmitt Music**, for making this fundraiser possible.

WISH LIST...

We are in need of the following items.

ANYTHING you can donate would be greatly appreciated.

These donations are for client use. Please call 715-723-1138 if you can help.

- Dish soap
- Laundry detergent
- Fabric sheets
- Cleaning disinfecting wipes
- Latex-free plastic gloves
- 33 gal. garbage bags
- Paper towel
- Toilet paper
- Hand wipes
- Kleenex
- Spiral notebooks
- Children's books
 Appropriate for ages 10-15
- Coloring/Sticker books
- Grocery and gas gift cards
- Cereal bowls
- Juice
- Snacks
- **VOLUNTEERS** for Crisis Line, Safe Exchange, and Ladies Evening Extravaganza

2010

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