



APOC Newsletter

Abused Persons Outreach Center, Inc.
www.apocnd.org

160 2nd St NW, Valley City ND 58072
24-Hour Crisis Line: 701-845-0072

September 2023

• APOC •

Spaghetti Supper Fundraiser

MONDAY - OCTOBER 2ND 5:00-7:00PM

Eagles Valley City - Free Will Offering

Domestic Violence Awareness Month

www.domesticshelters.org

Domestic Violence Awareness Month is observed every October to raise awareness about domestic violence. Though some may argue that awareness months are trivial, history has shown that it is effective. The movement started with the women's movement growing momentum in the 1960s and '70s. In support of equal rights, nearly 100,000 advocates marched on the capitol in Washington, D.C. in 1978, and many survivors of abuse wore purple - a color of royalty. The first awareness campaign began in October 1981, which would later expand to the full month of October. The US Congress would officially designate October as National Domestic Violence Awareness Month two years later.

Domestic violence is still very much prevalent in the world, but advocates and experts agree that the attention brought to it during October has made a difference. There's a general recognition that domestic violence is serious, pervasive, and needs a response. Domestic violence continues to be a widespread problem worldwide. Globally, abusers have targeted nearly one-third of women ages 15 to 49 with physical or sexual intimate partner violence in their lifetimes. In the US, more than one in three women and one in four men have experienced rape, physical violence, and/or stalking by an intimate partner. Women between ages 20 and 24 are at the highest risk of nonfatal intimate partner violence. Homicide is one of the leading causes of death of women under 44 years of age, with nearly half of the victims killed by a current or former intimate partner. Despite these staggering numbers, domestic violence is vastly underreported, and any statistic above zero victims of domestic violence is one too many.



DOMESTIC VIOLENCE COUNTS REPORT NORTH DAKOTA SUMMARY

On September 7, 2022, **19** out of **20 (95%)** identified domestic violence programs in North Dakota participated in a national count of domestic violence services conducted by the National Network to End Domestic Violence (NNEDV). The following figures represent the information shared by the participating programs about the services they provided during the 24-hour survey period.

304 Victims Served

118 adult and child victims of domestic violence found refuge in emergency shelters, transitional housing, hotels, motels, or other housing provided by local domestic violence programs.

186 adult and child victims received non-residential supportive services related to legal needs, housing advocacy, transportation, mental health, public benefits, and more.

98 Hotline Contacts Received

Domestic violence hotlines are lifelines for victims in danger, providing support, information, safety planning, and resources via phone, chat, text, and email. Hotline staff received **98** contacts, averaging more than **4** contacts per hour.

84 People Educated

On the survey day, local domestic violence programs provided **4** public training sessions (educational sessions provided to the public) to **84** people, addressing topics like domestic violence prevention and early intervention.

64 Unmet Requests for Services

Victims made **64** requests for services that programs could not provide because they did not have the resources. Approximately **34%** of these unmet requests were for emergency shelter, hotels, motels, and other housing.

Table 1: Services Provided on 9/7/22	% of Programs Providing Services
Children's Support or Advocacy	53%
Emergency Shelter	47%
Court Accompaniment or Legal Advocacy	42%
Therapy/Counseling for Adults	32%
Safe Exchange/Visitation	26%
Support/Advocacy Related to Mental Health	26%
Transitional or Other Housing (run by DV program)	26%
Transportation	26%
Legal Representation by an Attorney	5%

✂ **“Domestic violence and sexual assault numbers for our agency have already increased more than 100% this year, and the cases are very complex with high lethality rates. It’s important to have educated, well-paid staff to assist these victims for the safety of both themselves and the community.”**

Learn about domestic violence in North Dakota:
CAWSNorthDakota.org

Suggested Citation: National Network to End Domestic Violence (2023). 17th Annual Domestic Violence Counts Report. Washington, DC. Retrieved from: NNEDV.org/DVCounts.



THIS DOMESTIC VIOLENCE AWARENESS MONTH JOIN US IN
Brewing up a Safe Community
OCTOBER 30 ~ EAGLES ~ 5PM TO 7PM

FREE-WILL SPAGHETTI SUPPER
GAMES ~ CANDY ~ COSTUME CONTEST
FACE-PAINTING ~ DOOR PRIZES ~ GIVEAWAYS

CommonSpirit
CHI Health

Valley City Green Dot
EVERY1 KNOWS SOME1

If you have an intolerance of power-based violence like sexual violence, stalking and bullying and want to learn ways you can end violence and promote safety for everyone in our community join us at the

Bystander Training

October 13th

9am-Noon

at Grand Stay, Valley City

Register at vcgreendot.com/upcoming-events or vcgreendot@gmail.com



Domestic Violence Awareness Month

October is just around the corner, and it marks an important time for us at APOC and for advocates around the world as we observe Domestic Violence Awareness Month (DVAM). We are reaching out to you, our dedicated supporters, to join us in our campaign theme for this year:

Every1KnowsSome1

With this campaign, we're aiming to create a community where everyone understands the signs of domestic violence, knows how to respond and get help, and shows unwavering support to survivors. This year's campaign theme, #Every1KnowsSome1, also strives to highlight how common domestic violence is and that it is more than physical violence. More prevalent than most realize, 1 in 4 women and 1 in 10 men will experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime. In 2022 alone, 6,128 new* victims of domestic violence were served by 19 DV/SA advocacy agencies across North Dakota.

The Every1KnowsSome1 campaign runs from October 1-31, with many opportunities for YOU to participate throughout!

Connect with APOC to learn how you can support domestic violence victims and survivors in our community. We're always looking for volunteers for events, monetary donations, and community members who share our mission. Follow The Abused Persons Outreach Center and caws North Dakota on Facebook and share our posts with your network throughout the month of October with the hashtag #Every1KnowsSome1. By amplifying our message, you can help reach more people and increase awareness about domestic violence in your own circles.

Participate in #PurpleThursday on October 19th by wearing purple, the color of domestic violence awareness, to show your support for survivors! Fundraise with us: Set up a personal fundraising page and encourage your network to contribute. Every dollar raised helps us continue providing critical services to survivors and educating the community. Even a small donation can make a world of difference.

By participating in the Every1KnowsSome1 campaign, you not only help us spread awareness, but you also contribute to breaking the cycle of domestic violence. Through awareness, we empower survivors to seek help and provide them with the support they need to rebuild their lives. Thank you for being a supporter of APOC. Every action you take helps us create a safer, happier, and healthier community. We are honored to have you as a part of our team. With gratitude and determination.

APOC Staff

701-845-0078

24 Hour Crisis Line 701-845-0072

Purple Thursday

Show your support for
Domestic Violence
Survivors

OCTOBER 19TH

Join us in wearing purple to show our support and raise awareness for Domestic Violence Survivors Make sure to share a photo to spread awareness #Every1knowssome1



24-Hour
Crisis Hotline:
701-845-0072



How to support someone in an abusive relationship when they're not ready to leave.

- Listen non-judgmentally: Create a safe space for the them to share their experiences and emotions without fear of judgment. Avoid making assumptions or blaming them for the abuse they endured.
- Respect their decisions: Understand that survivors of domestic violence often have complex dynamics and may not be ready or able to leave the abusive relationship immediately.
- Connect them with resources: Provide them with information about domestic violence hotlines, local shelters, counseling services, and legal assistance. Offer to accompany them to appointments or help them navigate the process of accessing supportive services.

Know the signs.

Abuse often begins long before it becomes physical.



5 ways to support our work to end domestic violence:

- Familiarize yourself with our services, and tell your friends we're here to help if they're looking for support
- Understand the complex dynamics of domestic violence. Reach out to us for educational materials or to put on training at your work or school
- Volunteer with us
- Support a survivor with a donation (Connect with us to for a list of our most needed items!)
- Be a role model for healthy relationships by embodying respect, equality, and lifting others up



APOC's crisis line operates 24 hours, every day of the week & provides crisis intervention & advocacy services to victims of domestic violence, dating violence, sexual assault & stalking

Crisis Line: 701-845-0072

**EVERY1
KNOWS
SOME1**

DONATION FORM

Your donation will help us continue our work to end intimate partner violence and sexual assault. Your donation is tax deductible. **I wish to remain anonymous**

Donor Information: Name: _____
 Mailing Address: _____
 City: _____ State: _____ Zip: _____

If you would like this donation to be in memoriam of someone, please complete the form below. A card of recognition will be sent to the individual/s you list and provide addresses for below:

In Memory of (name): _____

From (your name): _____

Please send a card to (name): _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Please make checks payable to: APOC
 mail to: 160 2nd St NW, Valley City, ND 58072

Thank you for your support!



Monetary Donations – Thank you!

Thank you to the donors who chose to remain anonymous

Melody Peterson
Heather Fallon
Richard & Marsha Anderson
Brett & Cindy Kapaun
Trinity Lutheran WELCA, VC

Network for Good
Dan Becker
Teather Sundstrom
Travis Lobsinger
Karen Gould
Luke & Loni Trapp
Josh Amundson
Gary & Lori Thompson

Bonnie Benson
Sue McCarthy
Ross & Caron Berg
Lynn Holcomb

VC Kiwanis
Ross & Caron Berg



In Memory of Anne Krapu
-Madeline Luke

In Memory of Buzz & Margie Egger
-Sharon McCarriar

In Memory of Jeralyn Behm
-ANONYMOUS

In Memory of Pat Malec
-ANONYMOUS

In Memory of Jacob Riedman
-Jon & Kasey Skalicky

In Memory of Kevin Clauson
-Sharon Clauson

In Memory of Mari Kay Wieser
-Renee Ronsberg

Fingal Area Community Action
Team

In Memory of Sylvia Nathan
-Dennis & Joann Nathan

In Memory of Jake Riedman
-Deb Beck

In Memory of Mary Simonson
-John T & Bonita Paulson

In Memory of Mary Simonson
-Wanda Auka
-Brenda Richards
-Hon Jay Schmitz

In Memory of Mary Simonson
-Kathy Miller

Valley City Eagles #2192
Cass County Electric Coop
Foundation
Otto Bremer Trust Foundation
MDU Resources Foundation

988 (replacing 211) responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors.

www.behavioralhealth.nd.gov

988
SUICIDE
& CRISIS
LIFELINE

