



APOC Newsletter

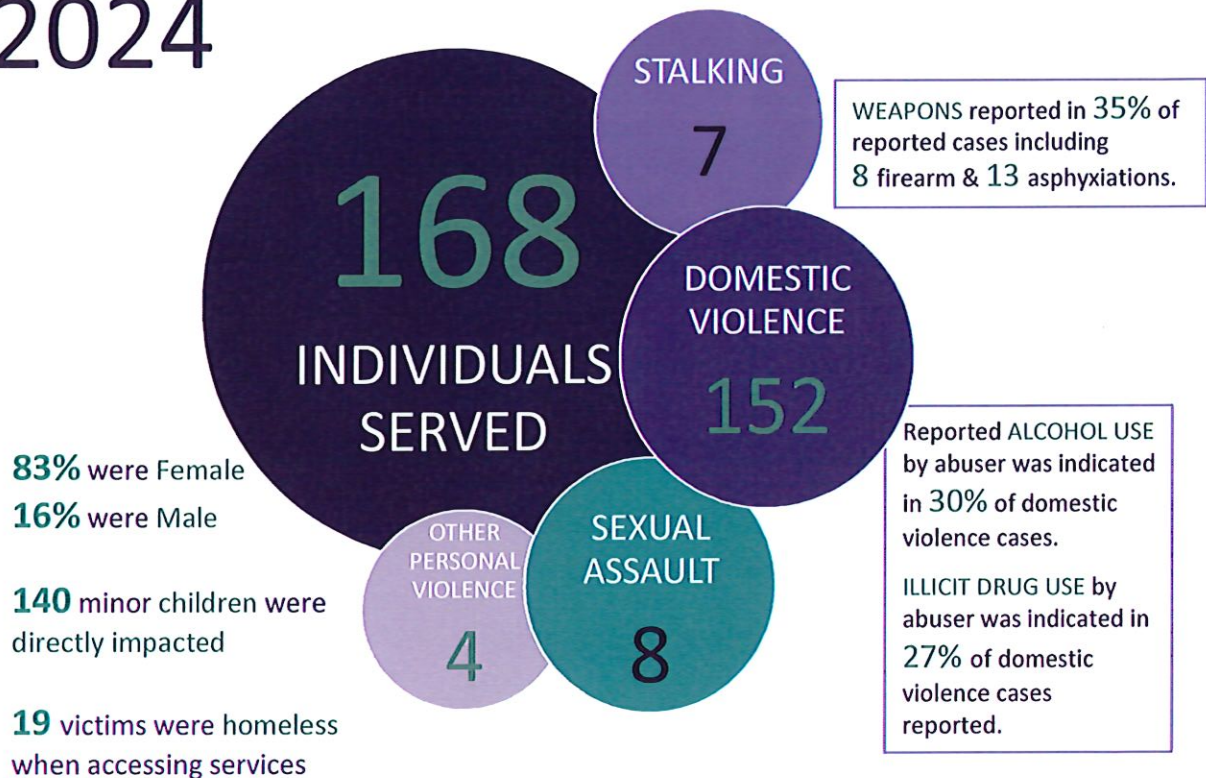
Abused Persons Outreach Center, Inc.
www.apocnd.org

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

Spring 2025

ABUSED PERSONS OUTREACH CENTER, INC.

2024



Direct Services Provided to Victims:

- 1033 advocacy services
- 228 counseling support / therapy hours
- 58 support groups held
- 170 crisis intervention / crisis response
- 367 service identification & assistance
- 163 protection / restraining order assistive services
- 113 emergency financial assistance
- 31 individuals provided relocation assistance
- 209 complementary therapy services
- 20 nights of emergency safe shelter
- 97 transportation services

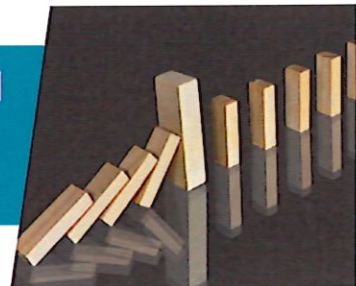


We Can Stop **Sexual Assault, Harassment, and Abuse Before They Happen**



We all have a right to safety in our daily lives – to have our boundaries respected and make choices about what happens to our bodies – at home, school, the workplace, and in public places. That sense of wellbeing and safety can be taken away by knowing that sexual assault, harassment, and abuse are common and not always taken seriously.

The good news is that we can stop sexual abuse before it happens by addressing the bigger picture in which it occurs.



The Bigger Picture

Too often, our society sends the message that sexual assault, harassment, and abuse are caused by an individual person's choices and failings – that of the victim or the perpetrator.

We should never blame victims for what happened to them – sexual assault and abuse are actions that one person chooses to inflict on another. We need to hold individuals who commit abuse accountable, but we can't stop there when it comes to ending sexual assault altogether. Focusing solely on individual perpetrators and instances of sexual assault, harassment, and abuse is often easier than facing the reality that this type of violence is widespread and common, and the driving forces behind it are hard to see.

Everyone's beliefs, values, and behaviors are continually shaped by the world around them – by unwritten rules on how to behave, laws, policies, and pop culture. For instance, weak policies or lack of accountability for those who have committed sexual assault can lead to

an increased risk for perpetration. This means our efforts to stop sexual assault before it happens must go beyond changing individuals. We must improve expectations for how we interact with one another, strengthen policies to support survivors, and promote safety throughout communities.

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Personal Safety vs. the Bigger Picture

Sometimes when people hear about preventing sexual assault, harassment, and abuse, they think about ways they can keep themselves safe. Prevention means much more than protecting ourselves, not to mention many factors that impact our safety are beyond our individual control.

Stopping these types of violence before they happen requires us to work together to support healthy, safe, and respectful behaviors and environments.

Prevention MEANS MUCH MORE THAN PROTECTING OURSELVES

What You Can Do

- Improve skills around asking for consent and respecting the answer, challenge jokes that demean others, and maintain and model healthy relationships.
- Encourage children to respect others' boundaries and bodies, challenge unfair gender stereotypes, and treat others with respect.
- Improve policies and practices within faith communities, community organizations, workplaces, and schools to ensure everyone is treated fairly. Screen staff and volunteers and train them frequently on healthy behavior and boundaries.
- Create and pass legislation that supports survivors and improves equitable resources.

We can take these steps and more to work towards a safer and more equal world for future generations.



Stomping Out Second-Hand Smoke

Stopping sexual assault before it happens can feel challenging – but it is possible. The social stigma about second-hand smoke is a great example of how educating the public and changing unwritten rules and expectations helped address a public health issue.

Not long ago, smoking cigarettes was a widely accepted activity that took place almost everywhere – restaurants, hospitals, even airplanes. Yet people nearby who breathed in the smoke were put at risk for serious health consequences. Over many years, public health professionals and youth leaders exposed the negative effects of second-hand smoke.

Thanks to a greater understanding of these health risks, society's views about where people could smoke changed, and it became less common to see people smoking in public spaces and in the media. And just like with second-hand smoke, it's possible for us to make the necessary changes to eventually have a society where sexual assault, harassment, and abuse are not common.

Adapted from National Sexual Violence Resource Center, and Berkeley Media Studies Group. (2018). *Moving towards prevention: A guide for reframing sexual violence*. Retrieved from <https://www.nsvrc.org/moving-toward-prevention-guide-reframing-sexual-violence>


PHILOSOPHY OF THE ABUSED PERSONS OUTREACH CENTER

The Abused Persons Outreach Center is dedicated to the conviction that all people are entitled to live in safety, free from the fear of incidence of violence.

As guiding principles, we who comprise the Center believe:

- In respect for the dignity and equality of the individual.
- That each person has the right to self-determination.
- In fairness and good faith in dealings with individuals.
- That individuals should not be discriminated against in any respect.
- In respect for the confidential nature of personal information.
- That people should have access to resources and services they need.
- In provision of advocacy for people in need.
- In promotion of societal justice, particularly related to sexual assault and domestic violence.


To activities that enhance and further these beliefs, we dedicate ourselves.



APOC

**Taco Bar
Fundraiser
Supper**

Monday
5.5.2025
Valley City Eagles
5-7pm
\$ free will offering



Sponsored by VC Eagles #2192 Gaming

DOMESTIC VIOLENCE IMPACTS THE ENTIRE FAMILY



30-60%

of Intimate Partner Violence cases also include child abuse.
Children's Hospital of Philadelphia Research Institute
American Academy of Pediatrics

275 MILLION CHILDREN

are currently exposed to domestic violence world-wide.
UNICEF - "Behind Closed Doors: The Impact of Domestic Violence on Children"



If you or someone you know is struggling or in crisis, help is available.

Call or Text 988 or chat 988lifeline.org - More info: hhs.nd.gov/988

Substance use - Suicidal thoughts - Depression - Relationship conflict - Stress - Mental health concerns -
Concerns for loved ones - Isolation - Trauma



Here to listen. Here to help.

988

Call, text
or chat anytime.

988 SUICIDE & CRISIS
LIFELINE

Monetary Donations – Thank you! Thank you to the donors who chose to remain anonymous

Brimer Homemakers
 Daniel & Marla Larson
 Presbyterian Church, Cooperstown
 Trinity Lutheran Church, VC
 Health Foods Ingredients
 Darcee Weber & Don Vig
 Bethel Lutheran Church WELCA,
 Rogers
 Peter & Karen Richman
 Catholic Daughters of the Americas -
 Court St Gerard #2518
 James & Carol Knutson
 Retired Teachers Assn, VC
 The Fifth District Medical Society
 Ramona Klein
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 Autumn Meyer
 Patricia Hansen
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 Lyle & Marietta Behm
 Lee Isensee
 Tom & Barbara Arbuckle
 Robert & Anne Wuolu
 Richard & Marsha Anderson
 Bernadette Botner
 Dawn Ihry
 Barnes County Housing Authority
 Dwight & Robbin Kiefert
 Barnes County Homemakers
 Myron, Jenneice & Bonnie Sommerfeld
 Dennis & Kathy Laumb
 Messiah WELCA, Fingal
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 Fingal Area Community Action Team
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 Margaret Udem
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 Susan & Scott Jorissen
 Epworth United Methodist Church
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 Michelle Grebel
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 Patricia Wagar
 Janice & George McCarthy

United Women in Faith, VC
 Valley City BPW
 Trinity Lutheran WELCA, VC
 Connie Winkler
 Willis W Weber AMVETS POST
 NO 3 of ND
 AMVETS Auxiliary POST #3
 Dean & Kelli Bjornson
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 Fraternal Order of Eagles Ladies
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 Faith Lutheran WELCA VC
 Hilligje Van Gijssel
 St Pauls WELCA, Kathryn
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 Karen Enge
 Dennis & Joann Nathan
 Valley City Veterinary Hospital
 Grotberg Electric
 Maureen Birchem
 Waldheim WELCA, Kathryn
 Women of the ELCA, First Lutheran
 WELCA, Litchville
 Patrick Larson
 St Petri Lutheran WELCA,
 Casselton
 Fraternal Order of Eagles VC
 Aerie #2192
 Gary & Lori Thompson
 Angie Martin
 John Schonert
 John Kinslow
 Donelda Remmick
 Renee Ronsberg
 Nicole Johnson
 Christine Marshall

In Memory of:
 Peggy Wright
 - Dave Wright
 Jake Riedman
 - Connor Wright
 - Deb Beck
 - Jon & Kasey Skalicky
 JoAnn Pederson
 - Her family
 - anonymous
 Anne Thieu Yen Krapu
 - anonymous
 Audrey Gaukler
 - Valley City-Barnes County
 Development Corporation
 - Carol Nelson
 Avis Klinkhammer
 - Arlys Netland
 Terry Buringrud:
 - APOC staff & volunteers
 Edith Betting
 - anonymous
 Gary Robinson
 - Rick & LaRinda Velure
 Mem Harriet Dimmer
 - Bruce & Carol Schmidt
 Marshall Munzlinger
 - Monte & Penny Peterson
 Delores Card
 - Bruce & Carol Schmidt
 Dick & Edie Betting
 - Dennis & Kathy Laumb
 Gerry Gamrath
 - Karen Richman
 Honor of Dianne Clark
 - Virginia & John Svenningsen
 George Gaukler
 - Helen & Charles Busche
 - Cindy & Michael Schwehr
 - Dawn & Jeff McGuire
 - Nicole Johnson
 - Sarah Didge & family
 - Chris Dohman
 - Carol Nelson
 - Ronald Jacobson
 - Cheryl Biller, on behalf of the
 Democratic NPL
 - JoAnn & Ralph Hooper
 - Ellen Chaffee & David Schwalbe
 - APOC Staff
 In Honor of our dedicated & inspiring
 staff at APOC
 - Kasey

Area Schools Welcome Safe Dates Programming

According to the Centers for Disease Control and Prevention, every year, 1 in 4 adolescents experience verbal, physical, emotional, or sexual abuse from a dating partner.

It is imperative to stop dating violence before it ever starts. This evidence-based program helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive relationships. It is during the critical preteen and teen years that young people begin to learn the skills needed to create and foster positive relationships.

Safe Dates equips young people with the tools they need to develop these important life skills. Highly engaging and interactive, *Safe Dates* reflects the issues today's teens face.

Thank you to the area schools that have partnered with APOC to bring Safe Dates to our youth.



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 - 160 2nd St NW, Valley City, ND 58072

Or online through our website www.apocnd.org



Thank you for your support!