

Nami Migizi Nangwiihgan

Provides assistance to anyone who has been affected by
Domestic Violence, Sexual Assault,
Trafficking or Stalking

December 2017

Newly Forming Groups

Dialectic Behavioral Therapy

A psychoeducational group available to adults 18 years of age and up. Requirements: A referral from the primary therapist and a history of Intimate Partner Violence, Trafficking, Stalking or Sexual Assault. The group will meet Tuesdays from 10am-12pm beginning January 23, 2018. Facilitated by Heather Bartlett, LLPC

Teen Educational Group

A psychoeducational group for teens between the ages of 14-17 who have witnessed domestic violence or are survivors of Intimate Partner Violence, Trafficking, Stalking or Sexual Assault. The group will meet Tuesdays from 4pm-6pm for six weeks beginning January 23. Participants will learn coping skills and we will explore ways to establish and sustain healthy relationships. Dinner will be provided along with an activity at each session. Parent/Guardian permission required. Facilitated by Heather Bartlett, LLPC

Women's Group

Psychoeducational Requirements: A referral from the primary therapist and a history of Intimate Partner Violence, Trafficking, Stalking or Sexual Assault. This group provides education and support to adults dealing with a myriad of daily life stressors. Participants can expect to become empowered to pursue educational and employment goals while improving in the area of general life skills.

Facilitated by Erin Gauthier.

Please contact Nami Migizi Nangwiihgan at 989.775.4400 with questions or if you would like to register for a group.



Counseling

Case Management

Transportation

Cultural Sensitivity

Confidentiality/Privacy

989-775-4400

Kayleen Toner, Tech

Erin Gauthier, Case Manager

Heather Bartlett, Counselor

Mary Mumshaw, Coordinator



If you or someone you know 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)

Strong Hearts Native Helpline: 1.844.762.8483

National Teen Dating Abuse: 1.866.331.9474

January is National Stalking Awareness Month

Stalking is a serious crime that affects the lives of more than 7 million Americans every year. Nearly half of those victimized by stalking report enduring unwanted contact at least once per week, and more than one in ten victims have been stalked by the same person for five years or more. Most victims are stalked by someone they know, and many are stalked by an intimate partner—sometimes as part of a terrible cycle of domestic violence.

Things Stalkers Do:

- ◆ Follow you and show up wherever you are
- ◆ Send unwanted gifts, letters, cards or emails
- ◆ Damage your home, car or other property
- ◆ Drive by or hang out at your home, school or work
- ◆ Threaten to hurt you, your family, friends or pets
- ◆ Posting information or spreading rumors about you on the internet, in a public place or by word of mouth
- ◆ Use technology, like hidden cameras or GPS to track where you go



WHAT TO DO IF YOU ARE BEING STALKED

- 1** TRUST YOUR INSTINCTS. VICTIMS OF STALKING OFTEN FEEL PRESSURED BY FRIENDS OR FAMILY TO DOWNPLAY THE STALKER'S BEHAVIOR, BUT STALKING POSES A REAL THREAT OF HARM. YOUR SAFETY IS PARAMOUNT.
- 2** CALL THE POLICE IF YOU FEEL YOU ARE IN ANY IMMEDIATE DANGER. EXPLAIN WHY EVEN SOME ACTIONS THAT SEEM HARMLESS—LIKE LEAVING YOU A GIFT—ARE CAUSING YOU FEAR.
- 3** KEEP A RECORD OR LOG OF EACH CONTACT WITH THE STALKER. BE SURE TO ALSO DOCUMENT ANY POLICE REPORTS.
- 4** STALKERS OFTEN USE TECHNOLOGY TO CONTACT THEIR VICTIMS. SAVE ALL E-MAILS, TEXT MESSAGES, PHOTOS, AND POSTINGS ON SOCIAL MEDIA SITES AS EVIDENCE OF THE STALKING BEHAVIOR.

Stalking

If someone you know is being stalked...

- ◆ Listen
- ◆ Show support
- ◆ Don't blame the victim for the crime
- ◆ Remember that every situation is different, and allow the person being stalked to make choices about how to handle it
- ◆ Find someone you can talk to about the situation
- ◆ Take steps to ensure your own safety

The Facts...

- ◆ Persons aged 18-24 years experience the highest rate of stalking
- ◆ 61% of female victims and 44% of male victims were stalked by a current or former intimate partner
- ◆ Stalking is a crime under the laws of all 50 states, the District of Columbia, the U.S. Territories, and the federal government

76% OF FEMALE HOMICIDE VICTIMS KILLED BY A CURRENT OR FORMER INTIMATE PARTNER WERE **STALKED BY THEIR MURDERER PRIOR TO THEIR DEATH**

STALKING AND INTIMATE PARTNER FEMICIDE 1999

Stalking is serious, often violent, and can escalate over time.

FEBRUARY



Teen Dating Violence Prevention Awareness Month

Dating & violence should not be a couple

Youth who experience dating violence are more likely to experience the following:

- Symptoms of depression and anxiety
- Engagement in unhealthy behaviors, such as tobacco, drug and alcohol use
- Involvement in antisocial behaviors
- Thoughts about suicide



Teen dating violence is defined as a pattern of abuse or threat of abuse against teenaged dating partners, occurring in different forms, including verbal, emotional, physical, sexual



Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same. So what's unhealthy in one relationship may be abusive in another .

National Teen
Dating Abuse
Hotline
1.866.331.9474

COMMON WARNING SIGNS:

- Checking cell phones, emails or social networks without permission.
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Constant mood swings
- Possessiveness

- American Indians are 2.5 times more likely to experience sexual assault crimes compared to all other races.
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse. And 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.
- A teen's confusion about the law and their desire for confidentiality are two of the most significant barriers stopping young victims of abuse from seeking help.

Did You



- Teen dating violence rate among high school students in Native communities was 13.3%, compared to the national average of 9.8%.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds the rates of other types of youth violence.
- A teen's confusion about the law and their desire for confidentiality are two of the most significant barriers stopping young victims of abuse from seeking help.

2- Step Inside-Out Chicken Pot Pie

Ingredients

1 1/4 lbs skinless, boneless chicken breast halves, cut into 1-inch pieces

1 can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup

1 bag (16 ounces) frozen California vegetable blend (broccoli, cauliflower, carrots)

8 hot biscuit, split

How to make it

Step 1

Cook the chicken in a 10-inch nonstick skillet over medium-high heat until well browned, stirring often.

Step 2

Stir the soup and vegetables in the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve the chicken and sauce over the biscuits.



Snowman Craft

What you need:

- White ankle sock
- Set of measuring cups
- Plastic pellets
- Polyester fiberfill
- Rubber bands
- Needle and matching threads
- Red or blue infant sock
- Pom-poms: medium white for the hat and small red for the nose
- Scissors
- Buttons: 2-1/4-inch for the eyes, 4-1/4-inch for the mouth, and 3-5/8-inch for the body
- Ruler
- 1/2 yard of 1-inch-wide ribbon

Instructions:

1. **Turn the white sock inside out.** Pour 1 cup of plastic pellets into the toe of the sock for the snowman base.
2. **Use polyester fiberfill** to stuff the sock up to the heel for the snowman's body. For the neck, wrap a rubber band several times around the sock at the top of the fiberfill.
3. **Pour 1/3 cup of plastic pellets** into the sock for the bottom of the snowman head. Add enough fiberfill to the sock to stuff the rest of the head. Wrap a second rubber band around the sock at the top of the fiberfill.
4. **For the hat,** thread the needle with a double strand of thread that matches the color of the infant sock. Pinch the toe of the sock around the white pom-pom; then insert the needle through the pinched portion and the pom-pom. Take the needle back through, and pull tightly on the thread ends. Tie the thread ends into a knot, and clip the thread.
5. **Pull the cuff end of the hat** over the top of the snowman's head to cover the rubber band. Use a matching color of thread to sew the hat in place.
6. **Thread the needle** with a double strand of white thread. For the nose, sew the small red pom-pom at the center of the face. Sew on two buttons for the eyes and four buttons for the mouth. Sew three buttons down the center front of the body, and tie the ribbon around the neck.

This project was supported by Grant No. 2016-TW-AX-0036 awarded by the Office on Violence Against Women, U.S. Department of Justice.

The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.