

DASAS

Summer 2024
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Domestic Abuse/Sexual Assault Services



Celebrating our 45th Anniversary!

Starting out as the McCook Task Force on Domestic Violence in 1979, Domestic Abuse/Sexual Assault Services (DASAS) continues to work towards eliminating violence in our communities throughout southwest Nebraska. The Task Force evolved from a small group of dedicated volunteers who were providing services to victims of domestic violence. During the first year of operation, 17 families were served. The number of victims as well as the counties served has increased over the last 45 years. In August of 1987 the agency's name was changed to Domestic Abuse/Sexual Assault Services as victims in Red Willow, Chase, Frontier, Furnas, Hayes and Hitchcock counties were being served. In the fall of 1995, Dundy County was added into the service area. So far this year (7/1/23 thru 5/31/24), the agency has served 238 individuals and we have received over 570 crisis line calls.

Join us as we celebrate 45 years of service by participating in our \$45 anniversary fundraiser. We are looking for some generous individuals throughout each of our seven counties to step up and make a \$45 donation, which will in turn help the survivors in every community we serve. Twenty-five individuals from each county could help us raise \$7,875. Fifty individuals from each county could help us raise \$15,750 and one hundred individuals from each county could help us raise \$31,500. Your financial support along with your assistance in encouraging others to step up is needed to make this milestone anniversary fundraising campaign a success.

You can drop your donation by the DASAS office or mail it to 407 W. 5th, McCook NE 69001. If you prefer, you can make your donation through the PayPal link at dasas-mccook.org/index.php/how-to-help/

Thank you for your gracious support of victims throughout southwest Nebraska!

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Domestic Abuse/Sexual Assault Services Mission Statement

Our mission is to provide free, confidential and empowering services to victims of domestic violence, dating violence, human trafficking, sexual assault and stalking while raising awareness and prevention efforts throughout our communities.

Celebrating Fathers

Father's Day Pledge Against Violence

I Pledge To:

- Never commit, condone, or remain silent about domestic violence, intimate partner violence, and violence in our homes and communities.
- Educate myself and others to challenge attitudes that condone disrespectful behavior or degrading language,
- Take action to end all forms of violence with love, compassion and without judgment.
- Stand with courage, lead with conviction, and speak out to promote non-violence as the norm.
- Take action to end domestic violence and all forms of violence.
- Speak up and no longer stand as a silent bystander to violence and abuse.
- Challenge men who use sexist language and make degrading jokes or comments about women.
- Confront attitudes in myself and other men that condone or encourage aggressive/abusive behavior.
- Examine my own attitudes and beliefs about violence, power, control and entitlement.
- Talk with boys and young men about healthy and equitable attitudes and relationships.
- Actively work to involve men in violence prevention.

Source: <https://www.connectnyc.org/take-the-pledge/>

Father's Day is a time to recognize the men in our lives who have defied negative stereotypes and taken a stand against domestic violence.

Often times, domestic violence awareness warns us of abusive partners and fathers, but forgets to celebrate the fathers, husbands, grandfathers and brothers who work hard every day to show us positive models of masculinity. These are the men who only use their arms for hugging, their hands for holding and their words for love, kindness and support.

Without realizing it, fathers model positive behaviors to their children all the time. They come alongside teaching us how to cook a favorite dish or throw a football, proving to their children that "being a man" doesn't have to mean being violent or angry and they show us models of healthy and happy relationships. Simply by being themselves, fathers across the world shape their children into confident and capable adults.

But despite their efforts to teach us how to respect ourselves and the people around us, some fathers must also learn how to handle the knowledge that their children have been victims of domestic violence.

Learning their child has been abused is hard for any parent to deal with, but for a father, it can be a wound to their pride. We are told that it's a father's job to protect his family and if his child has been abused, he has failed at this duty. He is helpless, knowing there is nothing he can do to stop the mental and emotional pain that his child is experiencing because he wasn't there to stop it.

And while it is only natural to feel defeated at first, these are the fathers who, more than anyone else, have a duty to stand up and vow to end domestic violence for good.

In the wake of learning about their child's abuse, these fathers not only continue to show us a father who is confident and strong enough to stand up for what he believes in, but also show us that fathers can feel and express their emotions. Above all, they show us that it is not a sign of weakness to reach out and ask for help.



Elder Abuse Awareness

As many as 1 in 10 older Americans experience elder abuse, neglect or exploitation. Elder abuse is a major issue that often goes unreported and unaddressed. Like other forms of abuse, elder abuse is a complex problem, and it is easy for people to have misconceptions about it. The truth is that:

Most elder abuse and neglect takes place at home. The majority of older adults live in the community, either on their own or with their spouses, children, siblings, or other relatives, rather than in institutional settings. As a result, the home is where most abuse happens. Family members commit elder abuse in nearly 6 out of 10 cases, according to the National Council on Aging.

Anyone can be vulnerable. Older individuals who are frail, alone, or depressed as well as those with a physical disability or mental illness are vulnerable to abuse. Even those who are not affected by these more visible risk factors can find themselves in abusive situations and relationships. Elder abuse affects people across all socioeconomic groups, cultures, races, and ethnicities.

Physical signs of elder abuse include:

- Cuts, puncture wounds, burns, bruises
- Dehydration or malnutrition, poor coloration, sunken eyes or cheeks
- Soiled clothing or bed
- Lack of necessities such as food, water or utilities

Behavioral signs of elder abuse include:

- Fear, anxiety, agitation, anger
- Contradictory statements or implausible stories
- Hesitation to talk openly

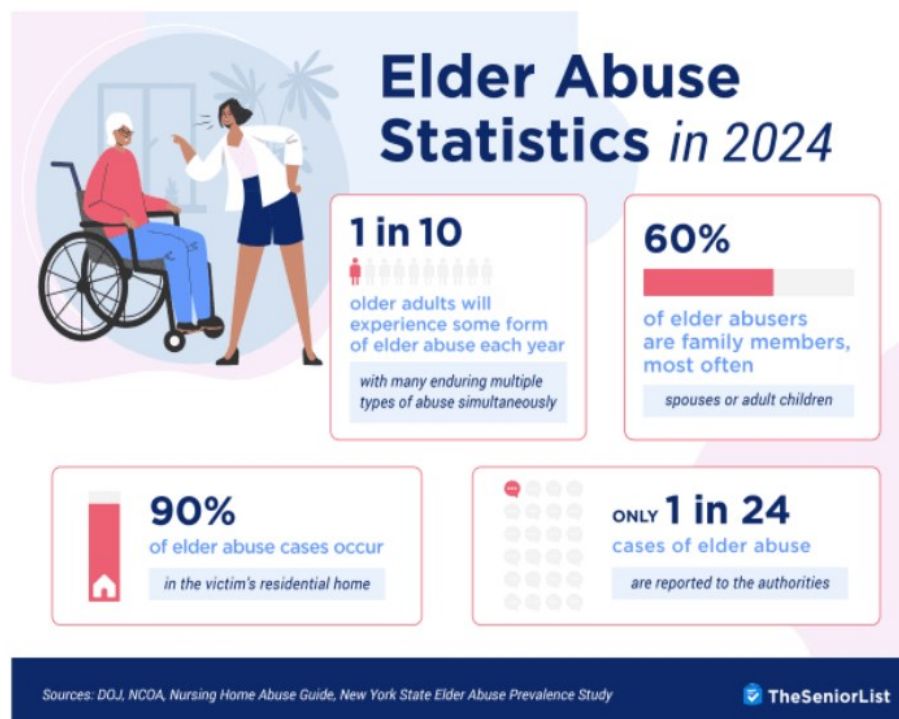
What to Do if You Suspect Elder Abuse

If you or someone you know suspect possible abuse or neglect of an elder, contact the Nebraska Child and Adult Abuse and Neglect Hotline at 1-800-652-1999.

When calling the hotline or law enforcement, please be prepared to provide as much detailed information as possible, including:

- Name and address
- Current and previous concerns
- Others who may have knowledge of the abuse or neglect.

[Source: dhhs.ne.gov](https://dhhs.ne.gov)



June is PTSD Awareness Month

Domestic violence is a pervasive issue that affects millions of people worldwide. Not only does it have immediate and long-term physical and emotional consequences, but it can also lead to a specific form of trauma known as Domestic Violence Post-Traumatic Stress Disorder (PTSD). In this article, we will delve into the intricacies of Domestic Violence PTSD, exploring its causes, symptoms, and available treatments to help those affected by this debilitating condition.

What is Domestic Violence PTSD?

Domestic Violence PTSD refers to the psychological condition that develops as a result of experiencing or witnessing ongoing domestic abuse. It is important to note that not everyone exposed to domestic violence will develop PTSD, as individual responses to trauma vary. Nonetheless, this specific type of trauma can have significant impacts on an individual's mental and emotional well-being.

The Connection Between Domestic Violence and PTSD

The constant exposure to violence and abuse in a domestic setting can overwhelm an individual's ability to cope and process these experiences. This chronic stress triggers the development of PTSD. The symptoms of PTSD often arise as a response to the traumatic experiences associated with domestic violence, such as physical assault, threats, humiliation, or isolation.

PTSD, or Post-Traumatic Stress Disorder, is a mental health condition that can occur after experiencing or witnessing a traumatic event. It is characterized by intrusive thoughts, nightmares, flashbacks, and intense emotional and physical reactions to reminders of the trauma. In the case of domestic violence, individuals may experience hypervigilance, constant fear, and heightened startle response, even in non-threatening situations.

Furthermore, the psychological impact of domestic violence can extend beyond immediate traumatic experiences. Victims may develop feelings of shame, guilt, and self-blame, often internalizing the blame placed upon them by the abuser. This can lead to a distorted sense of self and difficulty in trusting others. Additionally, the isolation and social stigma associated with domestic violence can further exacerbate the psychological distress experienced by survivors.

It is crucial to recognize the complex interplay between domestic violence and PTSD. By understanding the psychological effects of domestic violence, we can better support survivors and work towards prevention and intervention strategies. Providing resources, safe spaces, and trauma-informed care can help individuals heal from the trauma of domestic violence and rebuild their lives.

The Role of Trauma in PTSD

The development of Domestic Violence PTSD is influenced by various factors, including the role of trauma and specific risk factors. Trauma plays a significant role in the development of PTSD. It disrupts the brain's normal stress response system, leaving individuals vulnerable to the long-term effects of trauma. In the context of domestic violence, the trauma experienced during abusive incidents can have lasting psychological consequences.

While anyone can develop PTSD after experiencing domestic violence, certain risk factors can increase the likelihood of its development. These risk factors include the severity and duration of the abuse, a history of prior trauma, lack of social support, and pre-existing mental health conditions.

Self-care and lifestyle changes can play a significant role in managing the impact of Domestic Violence PTSD. Engaging in activities that promote relaxation, mindfulness, and self-compassion can help survivors cope with their symptoms. Additionally, establishing a strong support system, prioritizing physical health, and seeking professional help when needed are essential components of the healing process.

What does PTSD look like in children?

Preschool-aged children (ages 1-5)

Children 1-3 years tend to respond to stress with temper tantrums, irritability and sadness. Those aged 3-5 may start to act younger. For example, they may have accidents even though they are potty trained, suck their thumb, or become clingy and anxious when they are apart from parents or caregivers. They may also be irritable, sad, act out, or have physical symptoms like stomach aches. Giving children attention, emotional and physical warmth and sticking to family routines can help..

School-aged children (ages 5-12)

PTSD symptoms in children this age are similar to those in adults. They may relive the event. This is also called re-experiencing. They may avoid things that remind them of the trauma, be keyed up, and have more negative thoughts and feelings than before the trauma. However, the way these symptoms appear can often look different than they do in adults. Re-experiencing symptoms may take the form of repeating certain parts of the traumatic event (s) in their play. For example, a child might want to play shooting games over and over after seeing a school shooting. Nightmares and sleep problems are also common. School-aged children may not have flashbacks or problems remembering parts of traumatic events the way adults with PTSD often do. They might, however, remember the events in the wrong order or deny that events took place. They may also become very upset when something causes memories of traumatic events, show ongoing

fear and sadness, or irritability and anger. They may become withdrawn, numb, and lacking in emotion expression, including positive ones. Acting helpless or hopeless is also possible. They may also experience physical symptoms, such as stomach aches or headaches. School-aged children may also think there were signs that the traumatic events were going to happen. As a result, they may believe if they pay attention or do things differently, they can avoid future trauma. For some, this may be a way to feel like they are in control following situations that were very upsetting.

Avoidance symptoms are often similar to those in adults, such as avoiding people and places that remind them of traumatic events. Hyperarousal — feeling keyed up — can also be similar to adults. Children can spend time looking for possible threats and also become easily startled. They may seem restless, fidgety, or have trouble paying attention and staying organized, which can be confused with symptoms of attention-deficit/hyperactivity disorder (ADHD).

Teens (ages 12-18)

PTSD symptoms in teens begin to look like those of adults. However, teens are more likely than younger children or adults to show impulsive, risky, self-destructive, or aggressive behaviors. It is important to maintain good communication with teens as they may show their anxiety and sadness in risky ways.

Source: The National Center for PTSD



Denim Days



Thank you to all our Denim Days sponsors and all the employees who participated in the fundraising event.

Top fundraisers this year were :

1st Place - Pinnacle Bank - Imperial

*2nd Place - Dundy County Hospital -
Benkelman*

3rd Place - Village of Trenton

Pinnacle Bank, Imperial
Dundy County Hospital, Benkelman
Village of Trenton
Southern Valley Schools, Beaver City/Oxford
McCook National Bank
McCook Elementary School
First Central Bank, McCook
Midwest Liberty Federal Credit Union,
McCook
Pinnacle Bank, Benkelman
Seize the Daisy, Benkelman
Stockmen's Bank of Bartley

Myrna Harper
Community First Bank, Trenton
Cambridge Public Schools
Twin Valley Public Power, Cambridge
Anytime Fitness, McCook
Garrisons/McCook Lettering, McCook
Horizon Bank, McCook
Linda Maiden Insurance, McCook
Lincoln Federal Savings Bank, McCook
Red Willow County Assessors

Every dollar counts!



Together we can help end violence and support victims!

Sexual Assault Awareness Month

Administrative Assistant/Victim Advocate Position Available

Come be part of our team!

We have an opening for an Administrative Assistant/Advocate.

DASAS is a small team of passionate individuals who believe a future without violence is possible.

Service area includes: Red Willow, Chase, Dundy, Frontier, Furnas, Hayes and Hitchcock counties .

For more information, please go to our website dasas.net and click the link on the homepage or networks.nebraska.gov.

If you are interested in joining our team, please provide the following:

- resume
- cover letter
- three or more professional references

Send the requested documents to DASAS, 407 West 5th, McCook, NE 69001 or by email at das@dasas.net. EOE



Wish List ☆

Paper Towels, Toilet Paper
Laundry Soap & Dryer Sheets
Bath Soap/Body Wash
Lotion/Baby lotion
Dish Detergent
Liquid Hand Soap
Cleaning Supplies/Clorox Wipes
Kitchen Size Trash Bags
Saran wrap/Aluminum Foil
Deodorant
Tampons
Pull-ups/Diapers Sizes 6
Baby Wipes
Bottled water/boxed & canned foods
(check expirations dates, please)
Copy Paper
Old Cell Phones
Forever Postage Stamps
Phone Cards/Gift Cards
***Items need the most are printed in bold.**

Thank you for your Support

DASAS would like to thank everyone who made the donation to our organization since our last issue. We would also like to thank you anonymous donors. We apologize if we inadvertently missed anyone.

Night N Gals, Hayes Center

Amanda Bales

Trista Banzhaf

Doris Friehe

Myrna Harper

Dawn Callander

Trinity Methodist Lois Circle, Cambridge

Grace LWML, Franklin

Lutheran Women's Missionary League, Cambridge

River Valley Evangelical Free Church, Arapahoe



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DASAS Board of Directors

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**Marla Messersmith - Secretary/
Treasurer**

Cathy McDowell

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Help is available 24 hours a day!

All services are free and confidential!

*24-Hour Crisis Line

*Crisis Support

*Medical Advocacy

*Economic Advocacy

*Legal Advocacy

*Emergency Shelter

*Emergency Transportation

*Community Education/
Prevention Programs

*Information & Referrals

**For services in Chase, Dundy, Frontier, Furnas, Hayes,
Hitchcock and Red Willow counties**

Call: 345-5534 or (877) 345-5534

**Domestic Abuse/
Sexual Assault Services**

407 W. 5th Street
McCook, NE 69001

Business Phone: (308) 345-1612
24 Hr. Crisis Line: 345-5534
or 1-877-345-5534
www.dasas.net

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